SONS of NORWAY

Nordahl's Tidende

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

VOLUME 66, NO. 1 | JANUARY 2020 | BUSINESS MEETINGS AS ANNOUNCED

En hilsen fra Nordahl Grieg Presidenten

Kjære Venner (Dear Friends),

The last four years as your president have been very humbling but also such an incredible honor. Life hasn't always been easy as I tried to lead the Lodge in some new directions, but I truly believe the Lodge is stronger for it. We still have a long way to go and I'm looking forward to the future under the leadership of our next President **Bruce Fihe**. I'm looking forward to my new role as Vice President to focus on building our lodge membership.

I would like to personally thank all the officers who worked with me over the last four years. Not only did you all do so much for the Lodge and the hall, but you all helped teach me how to be a better president. There is so much value in all the special knowledge, personalities, and talents that you all bring to the Lodge. Nordahl Greig Lodge would not be the place that it is without all of you.

A very special *Tusen Takk* needs to be given to **Vicki Everly** for all the hours that she spends getting the *Tidende* organized every month. I can, without a doubt, say that we have one of the best newsletters out there. I would also like to thank **Kari Warner** for all the years that she spent mailing out the *Tidende*. Last month I took over the mailing and, without my whole family helping me out, as you can see from the picture, I would not have been able to get it out. I'm positive that as I continue this new task, I will streamline it and figure out a more efficient way of getting it done.

Thanks again for the last four years and I'm looking forward to witnessing how the Lodge flourishes under the leadership of our new President **Bruce Fihe**.

Fraternally, *Laura Porter, President*

January Agenda Alert …

- **Happy New Year!**
- **Sunday, January 12 – Officer Installation**
  (preceded by a meeting of the 2020 Officers)

Coming in February …

- **Saturday, February 22 – Anniversary Dinner**
  (see pages 2 and 3 for details)

The installation of our 2020 Lodge officers is on **Sunday, January 12 at 1:30 PM** at Nordahl Hall.

All are welcome to join us for fun, food, and fellowship.

Officers (past and present) are asked to bring a plate of open-face sandwiches to share. We will also serve cookies, punch, and coffee. Help us make the occasion festive by wearing your Norwegian sweater or *bunad.*

A meeting for all 2020 Nordahl Grieg Lodge officers will be held at 11:30 AM immediately prior to the Installation of Officers.

Nordahl Grieg Lodge
74th Anniversary Dinner

Saturday, February 22, 2020
6 pm Social Time · 7 pm Dinner

(Catered by Erika Tauriello, Aptos, CA)

Poached Cod with Mustard Cream Sauce
Boiled New Potatoes
Steamed Asparagus
Sauted Cabbage with Onion, Bacon and Dill
Cardamom Cake with Whipped Cream and Berries

Cost: $25 per person
No charge for children 12 and under

Program after dinner will include:
- Presentation of Membership Longevity Awards and Presidential Awards
- Solveig Club raffle drawing

Reservations and payment MUST be received by Wednesday, February 19

Make checks payable to Nordahl Grieg Lodge and mail to:
Duane Adams
3415 Winkle Avenue
Santa Cruz, CA 95065-1640
(831) 479-4376

Shop the Solveig Club Boutique and Raffle (cash and checks only)
Please bring Food Bank donations

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

Member Anniversaries

The following Lodge members will receive longevity awards at the 2020 Anniversary Dinner. CONGRATULATIONS to everyone and THANK YOU for your continued membership and support of Nordahl Grieg Lodge!

5 Years *(joined in 2014)*
James Anderson
Jo Anne Burton
Nancy Burton
Michele Graham
LaVinnia Pierson

10 Years *(joined in 2009)*
Carol Fadness
Melvin Fadness
Fred Hymans
Ken Leventon
Sally Mercado
Marilyn Wall

15 Years *(joined in 2004)*
Marla Berg-Vivit
Jamie Bjerkhoel
Kalia Freitas
Karen Harris
Janet Pankratz

25 Years *(joined in 1994)*
Sharee Frost
Patrick Kelly
Kathleen Moe
Noel Tebo
Ruth Tebo

Congratulations!

30 Years *(joined in 1989)*
Anne Herbert
Jacqueline Mehus

Golden Member
Anne Herbert
Jacqueline Mehus
Paul Mehus *(posthumously)*

35 Years *(joined in 1984)*
Joyce Cosce

40 Years *(joined in 1979)*
John Mattson
Julius (Ray) Vannatta

45 Years *(joined in 1974)*
Richard Grindeland
Judith Lund
Johan Lund

50 Years *(joined in 1969)*
Jorunn Allersma
Lavonne Hardy
Donald Hardy
Turid Sinagra

55 Years *(joined in 1964)*
Liv Braaten

Bidos

Source: www.recipereminiscing.wordpress.com
Makes 4 servings

Ingredients

1.1 lb. / 500 g filet of reindeer or reindeer steak
(other big game or even beef can be used, of course, but then the authenticity is lost)
4 Tbsp. flour
2 pt. / 10 dl water
4 potatoes
2 carrots
1/2 onion
1 tsp. salt
1/4 tsp. pepper

Recipe

1. Cut the meat into cubes, and place in a casserole.
2. Make flour thickening by mixing flour and about 3 ml or 1/2 tsp. of water (cold). Pour flour thickening and remaining water over the meat. Bring to the boil, stirring to avoid lumps in the sauce.
3. Peel potatoes and cut them in half. Peel carrots and cut them into thick slices. Chop the onion. Put the potatoes and vegetables in the pot and cook until potatoes are tender.
4. Season with salt and pepper. If you want a darker sauce you can add a few drops of caramel.

Serve bidos with freshly baked whole wheat bread, butter and cranberries.

NB! To get nice color and good taste on the dish, it is important to pour the flour thickening over the meat before starting to cook it.

Tip: Leek and other vegetables can be added to the casserole for variation. But then it is no longer a simple and authentic bidos but tastes incredibly delicious anyway.

…from SON Newsletter Service

News About Members

The Lutefisk Dinner was over, but we had a minor casualty on both Saturday night and on Sunday. **Karen Aaker** fell after the dinner on Saturday and had a serious gash above her right eye. It required both internal and external stitches and resulted in a beautiful black eye – her badge of honor. But, thankfully, no head injury. She has been recovering at home, taking it easy, but getting back to her usual activities. Be careful, Karen!

JoAnn Bjerkhoel fell while helping with Lutefisk cleanup on Sunday. She hit her head but did not lose consciousness. We watched over her and she took it easy while waiting for her family. A CT scan was negative, and she laid low for a few days, but now she is back to her busy schedule. Glad all is well, JoAnn!

Homer Stennes is still rehabbing at the Terraces of Los Gatos. He is now able to have visitors and should be able to do some weightbearing soon. He and **June** missed the Lutefisk dinner but the **Stennes family** was well represented. It was fun seeing grandchildren **Sean** and **Nicole** at the dinner; both have been recipients of Lodge college scholarships, and Nicole a recipient of the Solveig Club scholarship.

Stay safe and healthy in the New Year!

Fraternally, *Shirley Shoup, Sunshine Chair*

January Birthdays

1	Rachel Estensen
4	Ruth Tebo
5	Joyce Cosce
5	Ron Smestad
7	Kalia Freitas
8	Ron Lee
8	Craig Slama
8	Christine Roed
9	Nancy Tollack
9	Harriet Candelaria
11	Terri McCall
15	Finn Gjerdrum
19	JoAnn Bjerkhoel
20	Regina Jensen
20	Marjorie Habenicht
22	Tanya Wieber
24	Patricia Nakashima
25	Kermit Lund
25	Bonnie Brekke
25	Donald Ansok
26	Sharon Felkey
27	David McIntyre
31	Michele Graham

Heritage Member

10	Katherine Kitson

Nyheter Fra Solveig Club

Many thanks to all the shoppers at our Lutefisk Dinner Bazaar last month. It's our biggest fund raiser of the year and because of you it was a huge success. Congratulations also to the winners of our raffle: **Lazlo Gunderud**, **Pam Lothian**, **Kay Jackson**, **Karla Henderlong**, **Zina Lou Dyer**, **Elaine Edwards**, **Peter Carter**, **Shannon Impey**, and **Greta Fitzgerald**.

I want to give a special shout out to the entire **Solveig Club** whose members were significant contributors in every aspect of the Lutefisk Dinner – meatball, lefse, and cookie making, table setting, serving, staffing the Bazaar and raffle, and cleanup. Their names appear elsewhere in this newsletter. We are also grateful for the many volunteers who helped at our bazaar or who donated homemade baked goods. These wonderful people include **Vicki Everly**, **Sharon Bratton**, **Anna Likens**, **Sonja Flanagin**, **Marcia Hulberg**, **Liv Braaten**, **Russ Behel**, **LaVoy Bergendahl**, **Shirley Shoup**, **Sharee Frost**, **Meg Laycock**, **Jennifer Frost**, and **Duane Adams**.

Our first meeting of the new year will be a potluck lunch on Wednesday, February 19, beginning at 10:30 AM in the Solveig Room. Guests are always welcome.

Beste Hilsen, *Duane Adams, Solveig Club President*

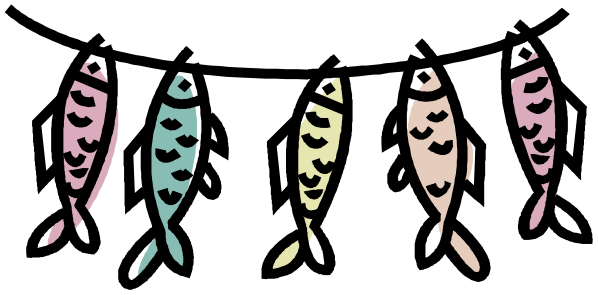
Bodø, Norway, Named a European Capital of Culture for 2024

For the third time in Norway's history, a Norwegian city has been named a European Capital of Culture. Bodø is the city that has most recently taken the crown, following Bergen's win in 2000 and Stavanger's win in 2008. However, it's a particularly prestigious award for Bodø as they are the first city north of the Arctic circle to hold such a title. What's more impressive is that they did it without any government support; the bid team ignored the Minister of Culture's advice to wait a few years and stepped up to the challenge. Fortunately, the State changed its mind after witnessing Bodø's rising success and will now help fund a year of cultural events.

As a program that's meant to raise the level of cultural awareness to that of economics and politics, Bodø has decided to focus on spreading Sámi culture through pop culture. Specifically, they would like to increase the use of the Sámi language throughout Norway. As the application stated, "The point is to create dialogue and understanding between people, including indigenous peoples and minorities."

...from SON Newsletter Service

Lutefisk Thanks 2019



We made it through another year thanks to the dedication of so many volunteers.

Even though the list of volunteer names is long, we never seem to have enough help, yet we always make it through. That's due to the exceptional efforts of dedicated individuals. The special challenge this year was inclement weather, which produced pounding rain and strong winds. Through it all, each and every one performed with good humor and a "can do" attitude.

There are many who went "above and beyond" the call of duty and deserve special recognition. But whether or not you're mentioned by name, know that the lodge appreciates your contributions.

JoAnn Bjerkhoel and **Shirley Shoup** should be an inspiration to us all. At 85 and 89 they're an example of what good genes and a positive attitude can do. They work hard for the lodge, often putting in long hours. The lodge owes them special thanks and a debt of gratitude.

Bruce Fihe provided security and help with every aspect of the operation from setup to cook tent functions (coffee, potatoes and fish). **Andy and Mark Hunsbedt** helped with setup. Andy and Bruce were there for cleanup too which was a challenge because the tents were wet and couldn't be put away until they were dry.

Committee chairs did the heavy lifting, organizing, purchasing supplies and managing production. The **Alkires** (**Ingrid** and **Astrid**, and **Julie Larson**) were there every step of the way as was **Rich Pierson**, who solved a number of technical problems.

Barbara Shoup handled reservations and ticketing through some particularly trying times. There were many special requests and some patrons who begged to be included with friends or family when there was limited space. Well, we got through thanks to Barb's dedication and hard work. **Judy Purrington** helped at the reception table, greeting customers with her infectious laugh and friendly smile.

Janie and Pat Kelly got meatballs handled with one of the smallest turnouts we've ever had. Janie and her crew turned 375 pounds of ground beef into 8,014 meatballs. **Vicki Everly** and **Sharon Bratton** handled lefse making. **Russ Behel**, **LaVoy Bergendahl**, and **Shirley Shoup** returned two additional days to make enough lefse to sell at the Solveig Club Bazaar. Altogether, the lodge produced over 1,300 rounds of lefse! **Sheryl Hawes** handled cookie making, producing 4,644 cookies (rosettes, krumkake, dalesman, and spritz). **Scott Ansok**, **Andy Hunsbedt**, **Bruce Fihe**, and **Martin Alkire** handled the cook tent during hectic times and stormy weather.

As usual, the Slama clan handled the kitchen and dining hall. Not enough can be said about **Victoria Slama**, **Bob Goodenough**, and **Becky Slama** who started early Friday morning making coleslaw, gravy and cream sauce, then returning to run the kitchen crew Friday evening and Saturday. **Don and Kate Slama** handled seating and dinner service.

Then there's **Dave Melius** and his fantastic crew (**Claire Smyth**, **Fred Hymans**, and **Carol Fukui**) who handled the bar through a crush of customers in a celebratory mood. **Jeff Bennett** and **Laura Hulberg** were virtual tornadoes selling a record level of wine and aquavit.

Not enough can be said about **Kathy Whitesel** who not only decorated the hall but handled trash and recycling, all with good humor and a positive attitude. We couldn't have done it without you! This year, Kathy was assisted by **Kai Porter** who, at age 10, is a quick study and also a hard worker.

Another star was **Anne Herbert**, who at 89, rolled lefse for two entire days turning out perfect rounds time after time.

Speaking of exceptional efforts, not enough can be said about the **Solveig Club**. The Solveig Club Bazaar is a mainstay of our annual dinner and draws many customers who look forward to shopping for Christmas items, purchasing bread, lefse, and cookies, or just renewing old acquaintances. The Solveig Club members work hard all year to prepare for a bazaar that will appeal to our customers. It's a huge task that doesn't get enough recognition. Solveig Club members also set dinner tables and coordinate much of the effort that goes into making the weekend a success. They are there for every step of the operation, from making meatballs, lefse, and cookies, to cleanup, inventory, and storage. We couldn't do it without them!

Finally, **Leland and Susan Bjerkhoel** drove all the way from Truckee to provide entertainment. Leland continued in Harry's footsteps providing a mix of Norwegian and country music.

It was a big operation and another successful year. Our members and guests return year after year to enjoy the food, fellowship, and festivities. One gentleman said he'd been coming for 50 years! Next year will be the 70th anniversary for our annual lutefisk and meatball dinner. Start thinking now about what you can do for the lodge and how we can make it the best year ever.

Mange tusen takk,

Larry Hulberg, Lutefisk Dinner Co-Chai

Mange Tusen Takk **to the many, many volunteers who made our lutefisk dinner a success! We sincerely apologize if we have left anyone out or misspelled a name.**

Publicity & Tickets
Barbara Shoup
Judy Purrington

Purchasing
JoAnn Bjerkhoel
Larry Hulberg
Rich Pierson

Meatball Making
Janie Kelly
Patrick Kelly
Craig Slama
Rena Slama
Laura Porter
Judy Purrington
Janet Mattison
Mary True
Larry Hulberg
Jeannie Thomson
Julie Larson
Kate Slama
Kathy Whitesel
Kai Porter

Lefse Making
Anne Herbert
Linnea Williams
Jennifer Frost
Stan Egger
Linda Egger
Stephanie Egger
Mark Berget
Harriet Candalaria
Julie Larson
Ingrid Alkire
Astrid Alkire
Shirley Shoup
Kristen Hunsbedt
Laura Hulberg
Janie Kelly
Elaine Edwards
Judy Purrington
Victoria Slama
Bob Goodenough
Rich Pierson
Mary Hanson
Meg Laycock
Lavonne Hardy
Don Hardy
Duane Adams
Liv Braaten
Sonja Flanagin
Larry Hulberg
Karen Aaker
Rachel Hager
Sitara Hager
Russ Behel
LaVoy Bergendahl
Laura Porter
Kai Porter
Joyce Cosce
Fred Madrid
Karen Barker
Jeannie Thomson
Helen Jorgensen
Karen Muller
Barbara Shoup
Sharon Bratton
Vicki Everly

Cookie Making
Shirley Shoup
Vicki Everly
Sharon Bratton
Mariella Cornell
Sonja Flanagin
Helen Jorgensen
Linda Egger
Stan Egger
Jeannie Thomson
Anna Likens
Karen Mueller
Judy Purrington
Liv Braaten
Kalia Freitas
Duane Adams
Larry Hulberg
Ellen Haugen
Rich Pierson
Sheryl Hawes
JoAnn Bjerkhoel
Victoria Slama
Bob Goodenough
Ingrid Alkine
Astrid Alkine
Julie Larson
Bev Horner
Cassie Leventon
Skyla Leventon
Jane Brekke
Bonnie-Jean Brekke
Becky Slama
Fred Madrid
Joyce Cosce
Lucinda Madrid
Brocke Bueno
Ryder Bueno
Bradford Bueno

Set-up
JoAnn Bjerkhoel
Andy Hunsbedt
Mark Hunsbedt
Dave Melius
Claire Smyth
Larry Hulberg
Bruce Fihe

Table Setting
Sharon Bratton
Vicki Everly
Shirley Shoup
Judy Purrington
Liv Braaten
Sonja Flanagin
Anna Likens
Duane Adams

Decorations
Kathy Whitesel

Bazaar & Raffle
Duane Adama
Anna Likens
Sonja Flanagin
Sharee Frost
Marcia Hulbert
Meg Laycock
Jennifer Frost
Shirley Shoup
Vicki Everly
Sharon Bratton

Parking
Ken Leventon
Larry Hulberg

Cook Tent
Scott Ansok
Andy Hunsbedt
Bruce Fihe
Martin Alkire
Matt Peak

Bar & Wine Service
Dave Melius
Claire Smyth
Fred Hymans
Carol Fukui
Jeff Bennett
Laura Hulberg

Kitchen Crew
Becky Slama Bennett
Kate Slama
Victoria Slama
Bob Goodenough
Craig Slama
Rena Slama
Patrick Slama
Pat Kitson
Rick Kitson
Fred Madera
Jonathan Gospadnetich
Jake Winans
Luke Spurlock
Jaden Hughes
Matthew Bennett
Neil Kitson
Russ Behel

Coat Room
Skyla Leventon
Athena Almejo

Entertainment
Leland Bjerkhoel

Dining Room
Karen Aaker
Astrid Alkire
Ingrid Alkire
Jeff Bennett
Larry Hulberg
Laura Hulberg
Janie Kelly
Katie Kitson
Michelle Koblas
Svea Leventon
June McCullough
Alan Pintacura
Becky Slama
Kate Slama
Victoria Slama
John Stubblebine
Shirley Shoup
Julie Larson
Jennifer Frost

Trash & Recycling
Kathy Whitesel
Kai Porter

Cleanup
JoAnn Bjerkhoel
Shirley Shoup
Vicki Everly
Anna Likens
Duane Adams
Barbara Shoup
Judy Purrington
Elaine Edwards
Sharon Bratton
Andy Hunsbedt
Bruce Fihe
Dave Melius
Claire Smyth
Kathy Whitesel
Martin Alkire
Ron Smestad
Luke Spurlock
Jaden Hughes
Larry Hulberg

Save these Dates in 2020 to help us prepare for the Lutefisk Dinner!
Sunday, November 1 – Meatball Making
Saturday and Sunday, November 14-15 – Lefse Making
Saturday and Sunday, November 21-22 – Cookie Making
December 4-5 – Lutefisk and Meatball Dinner

Tusen Takk Nordahl Grieg members and friends!
The Lutefisk Dinner would not happen without you!

Tusen Takk
to all our volunteers!

The Star of Norwegian Knitwear

Excerpt from "The Atlantic." The full article is available at: https://www.theatlantic.com/technology/archive/2018/11/origins-famous-norwegian-knitting-pattern/576502/

Today the *selburose* is an emblem of winter, and Christmas, and most of all Norway. But Norwegians didn't invent it so much as they popularized the pattern.

Selbuvotter, the Norwegian name for the mittens, comes from the town of Selbu, in the middle of Norway. It sits next to Lake Selbu, its namesake, in a mountain valley, relatively isolated from the rest of the country. Like most Norwegians, the valley's inhabitants were traditionally farmers and forest managers. From the 15th century on, Selbu was famous for millstone production, but in the mid–19th century, that quickly changed.

In 1857, a girl named Marit Gulsethbrua Emstad knit three pairs of ambitious black-and-white mittens, with a bold, eight-bladed rose design (*åttebladrose*) on the back of the hands. She showed them off at church, and the garments became an instant hit. Everyone in Selbu wanted a pair.

Their popularity spread quickly. By 1910, the Norwegian Arts and Craft Club, or *Husflidslag*, opened its first official chapter in Trondheim, the nearest big city to Selbu. Emstad sold to it, and from there, the mittens exploded across the country. By the 1930s, Selbu townsfolk were knitting 100,000 pairs annually, selling mittens to France, Austria, and the rest of Europe. When machine knitting became feasible, the mittens became popular tourist souvenirs—and the Selbu *husfliden* logo quickly became shorthand for quality and authenticity. By 1960, a major part of Selbu's livelihood depended on the production and sale of mittens. Today the two-strand, black-and-white mitten with two roses on the back of the hand, a ribbed cuff, and a pointed top screams "Norway."

Connections ...ways to connect with your Norwegian heritage

Discover Scandinavian Tours is running a promotion on deluxe escorted tours to Norway. Put a group of 12 together and one person travels free, or share the discount among the group. Two 10-day tours are available: Central Tour and Telemark, and South Tour with Stavanger. For information contact **Veronica Lanzer** at 800-936-2814 or email her at ***veronica@discoverscandinaviantours.com***.

Sons of Norway District Six Convention 2020
Sheraton Mesa Hotel, Mesa, AZ
Thursday, June 18 – Sunday June 21, 2020
The Charter and Constitution states that delegates must be elected, but any member may attend the convention as a guest. Please consider being a delegate. At the convention, delegates to the International Convention in Ringsaker, Norway will be elected. To be an International Delegate you must own a Sons of Norway Financial product, which is not a requirement for the district convention.

Sign up your Heritage Members – Don't forget that family members age 15 and younger are eligible for ***FREE* Heritage membership**. Please enroll your youngsters and help keep our Sons of Norway community robust and thriving for the next generation. More info is available by emailing ***fraternal@sofn.com*.**

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***.

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***

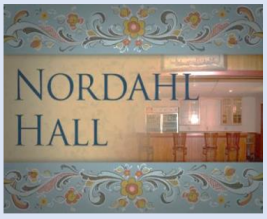
* Donations are not tax deductible. Please consult your tax professional.

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



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***

Life Happens in a Heartbeat

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure you have the proper coverage in place. Contact **Fred Hymans**, our Financial Benefits Counselor, today at 916-486-4429, or call Sons of Norway at 800-945-8851.

3 Tips for Preserving Cherished Family Heirlooms

No matter their condition, it is a joy to display your heirlooms and share the memories they evoke. Here are a few tips on caring for your heirlooms:

1. Keep heirlooms out of bright sunlight and away from heat sources to avoid fading.
2. Clean surfaces gently, using soft cloths.
   - Dust wooden furniture and apply a beeswax-based polish up to twice a year. Clean painted wooden items with a damp cloth, then wipe dry. Avoid silicone polishes and abrasive or ammonia-based cleaners on wood, silver, pottery, or painted/gilded glass.
   - Clean pottery with a soft sponge. Wash silver in hot soapy water, then dry and buff.
3. Vintage textiles are too delicate for the gentlest machine wash.
   - Water may damage silk or wool items, and wet embroidery can bleed dyes. Spot cleaning may be your best option. Always test a small area first. Experts recommend a gentle, neutral-pH detergent like Orvus Paste for cleaning old fabrics.
   - Old stains and yellowing may be impossible to remove. To minimize discoloration, use cotton bags and avoid storing textiles in plastic bags or containers.

...from SON Newsletter Service

How Do We Keep Growing Our Sons of Norway Family in 2020?

By welcoming more family, friends and neighbors to join in at Nordic-inspired lodge activities! A new member recently described their membership as an "… amazing way to connect to Nordic heritage, tradition, and community."

As we celebrate the 125th anniversary of Sons of Norway, please invite guests to join in our fun and get to know us. Keep our amazing family vibrant and growing well beyond 2020.

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)

Gold Level

In memory of Clarian Pintacura
Alan Pintacura (donations Oct 2018 and Dec 2019)

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
Priscilla & Daniel Mark, Suzanne Lew, Danielle Low (donation, Nov 2019)
Rebecca Ng (donation, May 2018)
Alan Pintacura, Winifred Doty, Kathy Jones (donation, May 2018)

In memory of JoAnne Ansok
Jack and Virginia Jolly (donation, Oct 2019)

In memory of Harry Bjerkhoel
Jack and Virginia Jolly (donation, Oct 2019)

In memory of Greg Ansok
Jack and Virginia Jolly (donation, Oct 2019)

In memory of Noel Whaley
Jack and Virginia Jolly (donation, Oct 2019)

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

Campbell Chamber of Commerce (donations Nov 2018 and Dec 2019)

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

Shelley Curtis (donation, Jan 2018)

In memory of Clarian Pintacura
Alan Pintacura (donations, Nov 2017 and Jan 2017)

Tusen Takk for your support!

Donations made prior to May 2016 are not listed.
Please view past issues of *Tidende* to see donors and honorees from earlier contributions. *Takk!*

a little in English...

Six Things You Didn't Know About Ice

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

1. Two types of ice on Earth

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of saltwater.

"In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain.

"Old sea ice contains less than one percent salt," says Lien.

2. The world's oldest ice

"The southernmost continent of the globe has an extra layer of 'insulation' that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old," says Lien.

Other facts about ice:

3. Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].
4. About 10 percent of the world's land area and about seven percent of the seas are covered by ice.
5. Ice reflects away 90 percent of the sunlight.

6.The ice caps in Greenland and Antarctica are so large that they affect the earth's gravity.

litt på norsk...

Seks ting du ikke visste om is

Is er vann i fast form. Den spiller en viktig rolle for kloden vår. Klimaforskerne Anne Britt Sandø og Vidar Lien forklarer noen av isens hemmeligheter.

1. To typer is på jorden

På jorden finnes det to typer is: Det som forskerne kaller landis, består av ferskvann, mens sjøis består av saltvann.

– I sjøisen blir saltet etter hvert skilt ut. Så ny sjøis har mye salt i seg, mens gammel sjøis vil være ganske fersk, sier Lien.

Det som skjer inni isen, er at saltet blir klemt sammen i lommer som får veldig høy saltholdighet. Etter hvert begynner disse lommene å smelte, og saltlaken lager små irrganger i isen før den til slutt renner ut. Dermed blir sjøisen ferskere og ferskere. Fersk sjøis kan ha mer enn to prosent salt, mens sjøvann typisk ligger på mellom tre og 3,5 prosent salt, forklarer forskerne.

– Gammel sjøis inneholder under én prosent salt, sier Lien.

2. Klodens eldste is

Klodens sørligste kontinent har et ekstra lag med «isolasjon» som gjør at det holder på kulden.

– Isen du finner på bunnen av isdekket i Antarktis er rundt en million år gammel. Den eldste iskjernen hentet derfra er 800 000 år gammel, mens den eldste isen på Grønland er omtrent 100 000 år, sier Lien.

Andre fakta om is:

3. Saltvann fryser stort sett på 1,8 minusgrader. Ferskvann fryser på null grader.
4. Omtrent 10 prosent av verdens landareal og cirka syv prosent av havene er dekket av is.
5. Is reflekterer bort 90 prosent av sollyset.
6. Iskappene på Grønland og i Antarktis er så store at de påvirker jordens tyngdekraft.

. *...from SON Newsletter Service*

Norwegian Artist Creates Crab out of Recycled Plastic

Image Credit: Gunnar Ståle Holten

...from SON Newsletter Service

Along a coastal trail in Norway, facing the Atlantic Ocean, sits a giant crab made out of recycled plastic. Norwegian artist Eirik Audunson Skaar had the idea for the project after watching a video of underwater garbage, created by a scientist in Newfoundland.

Skaar set out to make a statement, but more importantly he wanted to teach students about environmental issues. He enlisted the help of 8th and 9th grade students in Averøy, Norway, where they picked up plastic trash along the shoreline. As they collected the plastic, they analyzed it and discussed the types of plastic that was found. The plastic was then placed onto a metal frame where it would become the snow crab.

The sculpture measures 8m wide (26 ft), and is used as a tourist attraction to inspire discussions about the role plastics play in the environment. Skaar also hopes to encourage similar discussions among students in Newfoundland. Plans are currently underway to transport a second version of the crab to Newfoundland this spring.

SONS of NORWAY

Nordahl's Tidende

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

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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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Jan 1	Happy New Year!
Jan 12	Officer Installation
Feb 19	Solveig Club Meeting and Potluck
Feb 22	Anniversary Dinner

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!