SONS of NORWAY

Nordahl's Tidende

NORDAHL GRIEG LODGE 6-52 • SAN JOSE, CA

VOLUME 68, NO. 8 | SEPTEMBER 2022 | BUSINESS MEETINGS AS ANNOUNCED

En hilsen fra Nordahl Grieg Presidenten

Kjære Venner (Dear Friends),

The CDC has recently relaxed its Covid recommendations and announced that "…Covid is here to stay." Does this mean that we have reached our "new normal?" I think so. Everyone should still do what they feel they need to do to stay safe. But this "new normal" will allow us to plan in-person events with a little more certainty.

I'm looking forward to our three social events coming up before the end of the year. September 24 is a Meatball Dinner followed by The Mysteries of Norwegian Food program. See page 5 for details. In October, we will have an Axe Throwing party followed by a visit to a local brew pub. Watch for details in the October *Tidende*. Finally, we will be closing out our year with a one night only, in-person Lutefisk and Meatball Dinner. Preparation and reservation information can be found on pages 3 and 4. I hope to see many of you at these events.

Judy Purrington has volunteered to be on the Nominating Committee, but she cannot do this important work alone. If you are willing to help on the Nominating Committee or want information about what it means to be an officer for Nordahl Grieg Lodge, please contact Judy (***judypurrington@aol.com***) or myself (***president@nordahl-grieg.org*** or call 831-251-2236).

Fraternally, *Bruce Fihe, President*

September 28 is Fårikål Feast Day!

Visit Sons of Norway's Recipe Box for a *fårikål* recipe and other Norwegian delicacies.

https://www.sofn.com/norwegian_culture/recipe_box

Nordahl Grieg Lodge Membership Report

For the month of July:

- New members: 0
- Memberships canceled: 4
- Members 30 days past due: 15
- Current active members: 246*

*This number includes Juvenile members with active insurance.

Thank you to Vice President **Elaine Edwards** for this update.

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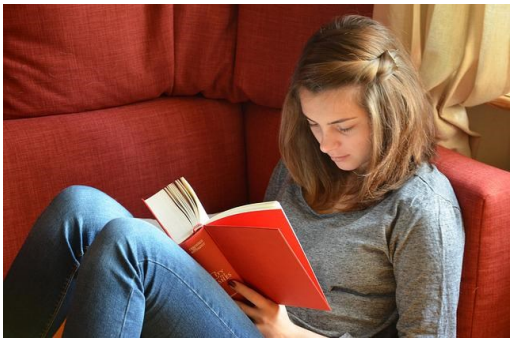
The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to our members.

Nordahl Grieg Lodge Scholarship Recipients

Congratulations to the four college scholarship recipients of Nordahl Grieg Lodge. They are:

- **Nora Frost**, who is attending American University in Washington, D.C. to receive a BA in Interdisciplinary Studies, with a GPA of 3.89 and future plans to attend law school. She is the daughter of Lodge member **Sharee Frost**.
- **Svea Leventon**, who is attending San Francisco State University to receive a BA in Theatre Arts with an emphasis in Stage Management, and who has a GPA of 3.8. She is the daughter of Lodge members **Cassandra & Ken Leventon**.
- **Laurie Panttaja**, who is attending the University of California, San Diego to receive a BA in Theatre, with a GPA of 3.65. She is the granddaughter of Lodge member **Meg Laycock**.
- **Isabel Williams**, who is attending Southern Oregon University in Ashland to receive a BA in Psychology, with a GPA of 3.98. She is the granddaughter of Lodge member **Linnea Williams**.



Elaine Edwards
Vice President

Solveig Club - Notice to Members

We have had to change our meeting date from September 21 to **September 28**, beginning at 10:00 AM in the Hall. Please bring a laptop or other mobile device if you have one. Lunch will be provided. See you all then!

September Birthdays

2	Elizebeth Hansen
2	Claire Smyth
7	Jon Villarreal
8	Larry Hulberg
11	Gregg Zigler
12	Janet Espersen
13	Jamie Horner
17	Judy Purrington
17	Barbara Langworthy
18	Jennifer Frost
19	Marvin Bertelson
23	Mayvid Maclay
24	Douglas Debs
24	Janie Kelly
24	Janice Crawford
27	Bruce Fihe
29	Kathleen Slama
29	Jan Overland

Heritage Member

6 Declan Laycock

2022 Lutefisk & Meatball Dinner Preparations

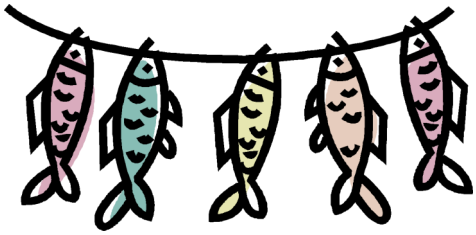
The Lutefisk is Coming! We're back and ready to start planning our first in-person Lutefisk and Meatball Dinner since 2019. This is a great tradition for our lodge and an important fundraiser, but we need your help to make it happen. This year's dinner will be for **one night only**. We're also happy to offer online reservations at ***http://nordahl-grieg.org/site/lutefisk-2022***.

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 one of our general chairpersons.**
Many thanks!!

General Chairpersons

Janie Kelly (408) 834-9414
janiekelly6@aol.com

Kristen Hunsbedt (408) 828-3503
kristenhunsbedt@gmail.com



Mark your Calendar!

November 6 (Sunday) – Meatball Making
November 12 & 13 (Sat/Sun) – Lefse Making
November 19 & 20 (Sat/Sun) – Cookie Making
Nov. 30 & Dec. 1 (Wed/Thurs) – Hall Setup
December 2 (Friday) – Table Setting
December 3 (Saturday) – Lutefisk Dinner
December 4 (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	Bruce Fihe	(831) 316-4889	bruce@aftonranch.net
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) 834-9414	janiekelly6@aol.com
Potato Crew	Andy Hunsbedt	(408) 529-3292	anstein@msn.com
Kitchen Crew	Craig & Rena Slama	(408) 725-8276	rslama1@yahoo.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 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	*vacant*		
Hall Setup & Clean-up	*vacant*		

If you are able to fill one of our vacant positions, please contact one of the general chairpersons.

2022 Annual Lutefisk and Meatball Dinner

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

*Saturday, December 3—**one night only!***

1st Seating	3:30 PM
2nd Seating	5:30 PM
3rd Seating	7:30 PM

Nordahl Grieg Members—$25.00
Non-members—$30.00

Special reduced children's prices:
Children 6-12 years – $10.00
Under 6 years – free

Invitation to Dance – Diners from all seatings are invited to participate in the entertainment and dancing beginning at approximately 9:00 PM.

Visit the Solveig Club Bazaar – The Solveig Club will host its bazaar again this year. Stop by and see their unique selection of Scandinavian items and Christmas decorations. Doors open at 2:00 PM and close promptly at 9:00 PM. **Please bring cash or checks for the bazaar...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 2023 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 Elaine Edwards, Nordahl Grieg Vice President, at 408-600-4522 for membership information.**

RESERVATIONS – We are now offering ONLINE reservations at ***http://nordahl-grieg.org/site/lutefisk-2022***. Mailed-in reservations will still be accepted for those who are unable to reserve via the website. Please be sure to indicate your first and second choice of seating times.

Reservations will be accepted beginning October 1 through October 31. Reserve early! Space will be limited as this is a one-night only event.

If you opt for a paper reservation, please include a self-addressed stamped envelope to receive your receipt. Mail your reservation form together with your check or money order PAYABLE TO: Nordahl Grieg Lodge #52
Bruce Fihe, 2435 Felt Street, Spc. 57, Santa Cruz, CA 95062-4201

QUESTIONS? Please call Bruce at (831) 316-4889.

✂- - - -

- **Reservations for adults and children must be received by Thursday, September 22.**
- **We are offering two ways to reserve and pay:**

Mail your check, payable to Nordahl Grieg Lodge, to:
Bruce Fihe
2435 Felt Street, Spc. 57
Santa Cruz, CA 95062-4201
(831) 454-8509

OR

Click here to reserve online or enter this URL in your browser https://tinyurl.com/3wpvwd4x. You can then either pay online or pay by mail.

Sons of Norway • Nordahl Grieg Lodge, 580 W. Parr, Los Gatos, CA 95032

Inflation and the Real Rate of Return

The real rate of return is an important personal finance concept to understand.

It's the rate of return on your investments after inflation. The real rate of return indicates whether you are gaining or losing purchasing power with your money.

So, if inflation checks in at a rate of 3%, does that mean any investment with less than a 3% rate of return is losing purchasing power?

That's where it gets a little complicated.

In theory, any investment with less than a 3% rate of return may lose purchasing power. But there are other factors you want to consider as well. For example, are inflation rates likely to continue their current trend, or are they transitory effects of broader market changes?

In the end, the real rate of return is only one factor to consider when building a portfolio. Your time horizon, risk tolerance, and goals are the primary drivers.

As a Certified Financial Planner®, I work with Sons of Norway members and their friends to help them better understand market conditions and build an investment strategy that manages the potential loss of the purchasing power of their money.

Contact me anytime for a quick chat or for a free review of your financial situation.

Fred Hymans, CFP®
(916) 333-2086, ***fred@EFSplanning.com***

How to Behave in Norway: Five Tips

As when traveling anywhere in the world, you may find some of the social norms in Norway are different than what you are used to. Here are some tips that will help you make the most of your trip to Norway:

1. Don't get too close! Norwegians really value their personal space. Even when you're standing in line, try to stay at least an arm's length away from others.
2. Avoid too much eye contact. Otherwise, you will make your newfound Norwegian friends uncomfortable. A good rule of thumb is to use the same amount of eye contact as the person who you are speaking to does.
3. Be punctual. If you are a few minutes late, it's forgivable, especially if you call ahead to let the host/hostess know. To arrive any later than that is considered extremely rude.
4. Never compare Norway unfavorably to Sweden—especially when it comes to winter sports! Norway was the country with the most medals in the last Winter Olympics, after all.
5. Notice your surroundings. Norwegians are understandably proud of their stunning landscape and appreciate it when visitors admire it, too.

...from SON Newsletter Service

Norwegian Cinnamon Thumbs

Photo Credit: Lulu the Baker, luluthebaker.com

These delicious shortbread cookies rolled in cinnamon sugar are a perfect little treat with a cup of coffee!

Cookie Ingredients:
5 Tbsp. sugar
1 cup butter
2 cups flour
1 tsp. vanilla

Ingredients for rolling:
1 tsp. cinnamon
¼ cup sugar

Directions:
Preheat the oven to 350°F.

To make the cookies, beat the sugar and butter together until fluffy. Add the flour and vanilla, and beat until the dough comes together.

Take a small amount of dough (about the size of a tennis ball), and roll it gently into a long, skinny rope 1/2" in diameter (about the width of your pinky). Using a sharp knife, cut the dough into 2" pieces, making sure to cut on the diagonal instead of straight across.

Place cookies a few inches apart on a lined baking sheet, and bake 8-10 minutes, until just beginning to turn golden on the bottom edges. Remove cookies from oven, and allow to cool slightly.

While cookies are cooling, combine the cinnamon and sugar for rolling in a small bowl. When cookies are cool enough to handle, roll each one gently in the cinnamon sugar, and place on a cooling rack to finish cooling.

Source: ***https://luluthebaker.com/norwegian-cinnamon-thumbs-huge-news/***

Norwegians Cancel Trips Due to Hot Weather

An insurance company says that Norwegians are considering canceling their vacation trips. Many people are afraid that it will be too hot where they are planning to travel.

Spain is a country Norwegians love to travel to. This summer it has been extra hot. Recently, it was close to 43 degrees Celsius (109° F).

This makes people consider canceling their vacations. This is according to insurance company IF. They have already been asked if it is possible to receive refunds through insurance.

IF says that heat is not covered by insurance.

"If you are worried about the heat, then there is no reason to cancel. But if you go on the trip and something happens, you will get all the help we can offer," Bjarne Aani Rysstad told tv and radio channel NRK. He works in insurance for Gjensidige.

Andreas Handeland says the same thing. He works for IF. He also says that a statement from a doctor is required to receive the insurance coverage.

...from SON Newsletter Service

Velkommen, Baby Boom!

A pandemic-related baby boom has sent Norwegian families scrambling to find perfect names for their new additions. 2021 saw over 3,000 more births in Norway than in 2020. Thankfully, help has come from an entity with a long history flaunting imaginative naming skills: IKEA.

Employees at the Norwegian branch of the Swedish retail giant combed through its catalogs, curating a "name bank" overflowing with over 800 monikers inspired by over 70 years of flat-pack tables, chairs, chandeliers, desks, and a mish-mash of other household staples.

While many IKEA product labels are inspired by Swedish place names, several others have appellations associated with humans. They range from the more typical, such as Billy, a strikingly modern black and white chair from 1970, to the more exotic such as Ulrika, a dainty side table available in 1958. The names are accompanied on the website by a picture of the item, the year it was introduced, and a description in Norwegian. The descriptions can apply to both the furniture item and to your newest family member.

Experience it yourself here! ***https://www.ikea.com/no/no/campaigns/navnekatalogen-pub419139a0.***

...from SON Newsletter Service

For your funny bone...

Lars: "Ole, stand in fronna my car and tell me if da turn signals are vorking".

Ole: "Ya, No, Ya, No, Ya, No, Ya, No...."

Love Your Lodge Donations

Platinum Level

In memory of his loving wife, Peggy Riddervold
Glenn Riddervold (donation, Sept 2020)

In memory of Ovald & Lorraine Norgaard
Elaine Edwards (donation, July 2020)

Solveig Club (donation, June 2019)

Gold Level

In loving memory of Clarian Pintacura
Alan Pintacura (donation, December 2021)

In memory of Virginia Jolly
Don Ansok (donation, May 2021)

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

Silver Level

In memory of Garrett & John Hansen
Virginia Hansen (donation, March 2021)

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

Bronze Level

In memory of Mike Stennes
Shaun and Nicole Stennes (donation, January 2021)

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)

Tusen Takk for your support!

Donations made prior to April 2018 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

- **Norwegian Folk Dancing** – Folk dancing on Wednesday nights starting in September. We include change-partner dances, couple dances, and no-partner dances, with teaching reminders and step practice sprinkled throughout the evening. Everyone has many opportunities to dance! Proof of vaccination is required, and all dancers must wear masks except when eating or drinking. (Yep, we have snacks and coffee at the end.) Location: Masonic Hall, 890 Church Street, Mountain View. As we all know by now, life is changeable. Just in case something might have changed, please contact **Meg Laycock** at 408-255-2111, or ***meg@jstub.com***, to confirm that week's meeting details.
- **Share Your Heritage** – Free Heritage Membership in Sons of Norway is an easy way to share your heritage. Sign up your children or grandchildren (age 15 and under) for FREE Heritage membership. They'll receive a member welcome kit with their own member ID Card. Visit ***https://www.sofn.com/join_or_renew*** for more details and to sign up.
- **Sacramento Scandinavian Festival** – Coming to Granite Bay on October 15. The festival features Scandinavian food, baked goods, and merchandise for sale. Viking reenactors will be present with interactive activities for the whole family, and there will be crafts for the young ones (and the young at heart). Come gather information about the Nordic countries and enjoy music, entertainment, and door prizes! Additional information will be available at ***www.facebook.com/SacramentoScandinavianFestival.***
- What would you like to see here? 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 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 408-915-7755

Nordahl's Tidende
Nordahl Grieg Lodge 6-52
580 West Parr Avenue, Los Gatos, CA 95032

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 408-915-7755 Lodge 408-374-4454

2022 Officers

President	Bruce Fihe	831-316-4889
	president@nordahl-grieg.org	
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	Meg Laycock	408-255-2111
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	Duane Adams	831-479-4376
	social-director@nordahl-grieg.org	
Co-Cultural Directors	Judy Purrington	408-799-3262
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	Kathy Whitesel	
	cultural-director@nordahl-grieg.org	
Webmaster	Bruce Fihe	831-316-4889
	webmaster@nordahl-grieg.org	

Sept 3-5	Kretsstevne
Sept 17-20	Camp Oldfjell
Sept 24	Lodge Social - Meatball Dinner
Sept 28	Solveig Club Meeting
Oct 22	Lodge Social - Axe Throwing

Lodge Web Address: *www.nordahl-grieg.org* **Facebook:** *www.facebook.com/Nordahl.Grieg* **eTidende Web Address:** *www.nordahl-grieg.org/site/newsletters*
District Web Address: *www.sofn6.org* **Camp Norge Contact Info:** *www.campnorge.org* **530-389-2508 PO Box 622, Alta, CA 95701**