SONS of NORWAY

Nordahl's Tidende

Nordahl Grieg Lodge 6-52 • San Jose, CA

Volume 68, No. 11 | December 2022 | Business Meetings as Announced

En hilsen fra Nordahl Grieg Presidenten

Kjære Venner (Dear Friends),

It's hard to believe that I have been writing these President's Messages for three years, and this will be the last one. It has been an interesting and challenging three years and far from what we might have expected. Covid changed everything, and some amazing folks came forward to meet these challenges. Very important was the fundraiser to keep our Hall operational when the rental income disappeared. Perhaps of equal importance was the vision and implementation of the Take-Home Dinner Kits to keep the tradition of our annual Lutefisk and Meatball Dinner alive, and in just a few days, the return to an in-person dinner. Thanks to all who donated their time, treasure, and talent to make these happen.

Some of the visions I had for the Lodge never came to pass. I had hoped we could find a better time and day for our Lodge business meetings and social events, so we could get more participation. Did any of us even know of Zoom in early 2020? Now it is a daily or weekly part of our lives for many of us. Zoom allowed us to conduct the business of the Lodge when we could not meet in person but was a poor substitute for the social interaction that is an important function of the Lodge. I look forward to this changing in 2023.

Covid also killed my vision of a Cultural Skills Sunday where we could gather at the Hall and work on Cultural Skills projects together several times a year. I still have that vision and want to work with our Cultural Directors to make these a reality in 2023.

I'm pleased that two other visions, though much delayed, did come to pass. We were eventually able to have the Viking themed 75th Anniversary Dinner, only a year late. And just last month, we were able to have the group axe throwing event I started planning in early 2020. I hope to work with our Social Director to make this an annual event. Watch for a save-the-date announcement for our Second Annual Axe Throw in October of 2023. You can also look forward to the return of our A Taste of Norway event in May.

As I write this, we still do not have a President for next year. Some good folks have been elected to other leadership positions, and they have some interesting plans for 2023. But it will be critically important to fill this open position. Perhaps this will be resolved by the time you read this.

And a final *tusen takk* to everyone who helped to keep the Lodge and Hall in operation through these challenging times!

Fraternally, *Bruce Fihe, President*

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Sunshine Report

Members News

Covid is continuing to infect our members. **Sonja Flanagin** is the latest one to be infected, but she is recovering and plans to be well for the upcoming holiday activities. Hope the rest of us stay well!

Vick Everly is using a cane. She fell and injured her hip while visiting her friend in Oregon. She is slowly improving and taking good care of herself. She will be back to her busy self soon.

Anna Likens has had cataract surgery and is doing well. She and **Bill** keep busy with their childcare responsibilities.

John Stubblebine is home under the watchful eye of **Meg**. He is looking better and hopefully feeling better each day – it has been a long and difficult time for him.

Kathy Whitesel will be having a surgical procedure very soon but plans to be back to her busy schedule ASAP. Good thoughts go your way, Kathy!

Stay well over the holidays, everybody!

Fraternally,

Shirley Shoup
Sunshine Chair

December Birthdays

5 Marilyn Nelson
6 Sally Mercado
10 Shirley Shoup
11 Judy Lund
13 Marilyn Moreno Haaberg
17 Steven Hawes
20 Barbara Shoup
23 Lois Bertelson
25 Jesusa Bjerkhoel
27 William Alkire
28 Gunnar Heistein
29 Kristina Davidson
31 Vidar Dallokken
31 Donald Slama

Heritage Members

9 Cavanaugh Larson
24 Savannah Kramer

You're Invited
2023 Installation of Officers

The installation of our 2023 Lodge officers is Sunday, January 8 at 1:30 PM at Nordahl Hall.

Join us for fun, food, and fellowship. Officers (past and present) are asked to bring a plate of open-face sandwiches to share. The Lodge will provide cake and coffee. Help us make the occasion festive by wearing your Norwegian sweater or bunad.

There are still important officer positions vacant; please let out-going president **Bruce Fihe** know if you can serve. No experience is necessary for many of these positions, and we welcome new volunteers and new ideas.

2023 Nordahl Grieg Officers

President – vacant
Vice President – **Sheryl Hawes**
Co-Secretaries – **Meg Laycock** and **Duane Adams**
Treasurer – **Mike Block**
Financial Secretary – vacant
Co-Social Directors – **Barbara Shoup** and **Duane Adams**
Co-Cultural Directors – **Judy Purrington** and **Kathy Whitesel**
Tidende Editor – **Kristen Hunsbedt**
Counselor – **Bruce Fihe**
One-Year Trustee – vacant
Two-Year Trustee – **Elaine Edwards**
Three-Year Trustee – vacant
Greeters – vacant
Marshalls – vacant

Lodge Axe Throwing Outing • October 2022

Beware the Jólakötturinn

Photo Credit: laughingsquid.com/jolakotturinn-yule-cat-icelandic-legend/

Something large and fluffy stalks across Iceland, its hot, hungry breath crystallizing in the frigid air, forming icicles on its bristly whiskers. Its ever-extended claws crunch deep into the snow as it prowls from place to place to place.

This is the *Jólakötturinn*, or the Christmas Cat. Resembling an enormous Norwegian Forest cat, it is the beloved pet of the 13 prankster Yule Lads who deliver presents and their lovely troll mother Grýla. The Jólakötturinn seeks out anyone who does not receive new warm clothes for Christmas. If it finds you proudly wearing even one new mitten, it will pass you by. Otherwise, it's dinner time for kitty.

This may seem like a strangely specific motivation, but back in the day the whole family, including the children, spent their evenings carding, spinning, and knitting wool. Family members found slacking off might not get new clothes for Christmas. In contrast, you could always gift fresh woolen garments to keep needy neighbors off the menu.

So, the next time Great Aunt Edda gifts you boring Christmas socks tell her, *"Takk fyrir!"* (thank you!), and take comfort in the fact you can face the long dark winter ahead toasty-warm and uneaten!

...from SON Newsletter Service

Healthcare Costs in Retirement

Contributed by **Fred Hymans**, CFP® , Financial Benefits Counselor

In a 2022 survey, 35% of all workers reported they were either "not too" or "not at all" confident that they would have enough money to pay for their medical expenses in retirement. Regardless of your confidence, however, being aware of potential healthcare costs during retirement may allow you to understand what you can pay for and what you can't.[1]

Health-Care Breakdown
A retired household faces three types of healthcare expenses.

1. The premiums for Medicare Part B (which covers physician and outpatient services) and Part D (which covers drug-related expenses). Typically, Part B and Part D are taken out of a person's Social Security check before it is mailed, so the premium cost is often overlooked by retirement-minded individuals.
2. Copayments related to Medicare-covered services that are not paid by Medicare Supplement Insurance plans (also known as "Medigap") or other health insurance.
3. Costs associated with dental care, eyeglasses, and hearing aids – which are typically not covered by Medicare or other insurance programs.

It All Adds Up
According to a HealthView Services study, a 65-year-old healthy couple can expect their lifetime healthcare expenses to add up to around $597,389 before accounting for inflation.[2]

Should you expect to pay this amount? Possibly. Seeing the results of one study may help you make some critical decisions when creating a strategy for retirement. Without a solid approach, healthcare expenses may add up quickly and alter your retirement spending.

Prepared for the Future?
Contact me for more details about planning retirement or managing healthcare in retirement or to review your general financial situation. As a Certified Financial Planner®, I work with Sons of Norway members and their friends and family to plan for, transition to, and thrive in retirement. As always, there's no obligation if you just want to call me for information or advice.

Email: ***fred@EFSplanning.com*** or Call: (916) 333-2086

Source: EBRI.org, 2022

1. EBRI.org, 2022
2. HVSFinancial.com, 2022

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Increasing Focus on Mental Health

In Norway, as in many places, youth feel it is taboo to discuss mental health and ask for help. Because of this, the Norwegian government is taking strides to invest heavily in resources that will help young people with mental health. As part of this effort, Prime Minister Jonas Gahr Støre visited the Youth Square in Drammen, Norway, to learn what they are doing to address mental illness. Drammen is a good example as they have gathered resources such as social services, health, and mental health services all in one place and have made it free for those between 13 and 25. These offerings are invaluable, and Gahr Støre hopes to include the idea of having access to several services in one place in the upcoming mental health plan. He stated, "We need to do this better to reach our young people. If we reach them earlier, I think we can solve the problems before it becomes a diagnosis." The government's plan is to be presented in 2023.

...from SON Newsletter Service

Fabulous Facts: Christmas in Norway

1. Each year, Trafalgar Square in London features a massive Christmas tree. That tree is actually a present from Norway. Oslo has been sending a tree to England every year since 1947 as a thank you for British support during World War II.
2. The *julenisse* is Norway's elusive Christmas gnome, who sports a white beard and a red cap. Historically the julenisse has been known to help lighten the farmer's chores and keep the farm safe. Nowadays, the nisse brings gifts to well-behaved Norwegian children. Don't forget to keep him happy by leaving out a generous bowl of porridge!
3. "Tre nøtter til Askepott," a Cinderella tale, has been a Christmas TV tradition since the 1990s. Strangely enough, this is a Czech version of the classic story, dubbed into Norwegian by a single actor. Watching it is so popular that it airs every year on NRK, Norway's national broadcasting channel. To see the trailer from the 2021 Norwegian remake of "Tre nøtter til Askepott," click here: ***https://www.youtube.com/watch?v=a-YVi_UsGqo***
4. Find the almond! This is a game where the family eats rice porridge on Christmas Eve. There is one almond hidden in the porridge, and whoever gets it is the proud recipient of…a pig made of delicious marzipan!
5. Everyone eats well during *juletiden*, or Christmastime, even the birds. It's common to see sheaves of wheat or oats that have been placed in the trees for the birds to feast on.

…from SON Newsletter Service

Sirupsnipper

Sirupsnipper are a classic Norwegian Christmas cookie, made with warming spices and cut into diamond shapes. God Jul!

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

Ingredients:
9 Tbsp. cream
½ cup + 2 ½ Tbsp. golden syrup
½ cup + 2 ½ Tbsp. sugar
7 Tbsp. butter
2 cups flour
¼ tsp. pepper
¼ tsp. ginger
¼ tsp. anise
¼ tsp. cinnamon
¾ tsp. baking powder
¾ tsp. baking soda
almonds, blanched, for decorating

Directions:
Boil cream, syrup, and sugar together. Stir in butter, and let mixture cool until lukewarm.

Combine flour, pepper, ginger, anise, cinnamon, baking powder, and baking soda. Whisk together the dry ingredients.

Sift in dry ingredients, and knead the dough to mix thoroughly. Chill overnight.

Roll dough out as thin as possible, and cut diagonal lines to make diamond shapes.

Set sirupsnipper on a greased baking sheet. Place half a blanched almond on each cookie. For a shiny finish, brush cookies with egg white. Bake at 350°F for 5 minutes.

Excerpted from December 1999, *Viking* magazine article "Velkommen til Bords." Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

...from SON Newsletter Service

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

- ***"Hjem til Jul"* ("Home for Christmas")** – Norwegian television series now available on Netflix. A rom-com that follows Johanne as she scrambles to find a boyfriend to bring home for Christmas, making dubious decisions along the way.
- **A Viking in LA** – Norwegian-American blog including book recommendations, cooking features, and virtual and in-person events. Visit ***http://www.avikinginla.com***.
- **Norwegian Folk Dancing** – Norwegian folk dancing on Wednesday nights. 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. NEW Location: Unitarian Universalist Church of Palo Alto, 505 E. Charleston Rd. Palo Alto CA 94306. For more information, contact **Meg Laycock** at 408-255-2111, or ***meg@jstub.com***.
- **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.
- 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***

Q: Why are Comet, Cupid, and Donner always wet?

A: Because they are *rain* deer!

Q: How much did Santa pay for his sleigh?

A: Nothing, it was on the house!

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

Merry Christmas!
As a CERTIFIED FINANCIAL PLANNER™
I work with Sons of Norway members to help plan for the important things in life.
Call me for a free consultation.
Fred Hymans, CFP®
Financial Benefits Counselor
(916) 333-2086
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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 408-915-7755 Lodge 408-374-4454

2022 Officers

President	Bruce Fihe	831-316-4889
	president@nordahl-grieg.org	
Vice President	Elaine Edwards	408-600-4522
	vicepresident@nordahl-grieg.org	
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	Duane Adams	831-479-4376
	social-director@nordahl-grieg.org	
Co-Cultural Directors	Judy Purrington	408-799-3262
	JudyPurrington@aol.com	
	Kathy Whitesel	
	cultural-director@nordahl-grieg.org	
Webmaster	Bruce Fihe	831-316-4889
	webmaster@nordahl-grieg.org	

Dec 3	Lutefisk & Meatball Dinner
Dec 4	Lutefisk Cleanup
Dec 25	*God Jul!* Merry Christmas!
Jan 1	*Godt Nyttår!* Happy New Year!
Jan 8	Installation of Officers

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**