

Restoration Lodge #548

November 2006

www.sofn-cedarrapids.org

Volume XXX number 11

**Next Social Meeting:
November 14, 2006
Meeting time: 7:00 P.M.
First Lutheran Church
Luther Fellowship Center
1000 3rd Avenue SE
Cedar Rapids, Iowa 52401**

Program:

Verl Lekwa will be presenting his story, "Growing Up Non-Norwegian." This is his amusing personal account of growing up in a community where his family were the only persons having Norwegian-American descent. Verl discusses his personal search for his Norwegian-American identity.

Address or Phone Number Changes

If you have a change of address or telephone number, please contact Mavis Lovik. She can be reached by phone, 393-6679; by U.S. mail, 2603 Falcon Drive, Cedar Rapids, IA 52402 or by email, maalovfalcon@msn.com. It is important we know of any changes of address (either traditional or email) or telephone numbers!

Kaffe tid will meet Wed, November 15 at 1:00 P.M. at Mary Durspek's, 2770 McGowan Blvd, Marion. Call Mary at 377-4480 if you plan to attend. Jennifer Rand will talk about Hardanger embroidery.

November Board Meeting

The November board meeting will be held at Sara and Larry Knutson's home. The meeting date is November 21st at 7:00 P.M.

For security reasons, the doors in the drive-through entrance at First Lutheran Church will be locked while our Sons of Norway meeting is in progress. Therefore, if you arrive late, you will have to enter through the door to the Administrative area. It is the single door located to the left (as you face the rear of the building) of the drive through area.

The main doors will be locked at about 7:00 P.M. and the Administrative door will remain unlocked until about 7:45 P.M.

Will Mickelson called Olson Fish Company and got the prices for the food items we normally purchase for our members to buy. We then calculated the charge per person or container, including shipping.

Lutefisk at the Julebord meal		\$4.00
per person if you eat lutefisk.		
Lingonberries	14 Oz. jar	\$3.75
Herring	22 Oz. jar	\$4.25
Frozen Lutefisk in 1-3/4 lb. package		\$8.50

People **NEED** to place their order and **PREPAY** it so we know how many cases of each item to order. They can either phone in to us (leave a message, and mail their check), or sign up (and pay) at the social meeting.

Sara and Larry Knutson
395-0621

The deadline for newsletter submissions for December is Wednesday, November 29th 2006. You may reach me by email at jonrwhite@hotmail.com.

2007 Norwegian Calendars for Sale

2007 Norwegian Calendars will again be for sale. The price is \$12.00. They make nice gifts and also are nice for your home. Please call Lois McCormick @ 377-2890 if you will not be at the social meeting and would like one saved for you.

PRESIDENT McCORMICK'S CORNER

Brrrrr, it is getting colder than I would like at this time of the year, but Winter is approaching. As we prepare for the November meeting, officer election will be on the agenda. The nominating committee gave a report at the October meeting and the people who accepted to fill an officer role will be voted on. However, please know that anyone who is interested in a specific office may speak up at the November meeting and be added to the slate of officers nominated.

I am sorry that I will not be at the November meeting because I will be child sitting in Coatesville, Pa. I am really sorry that I will not be able to hear our speaker, Verl Lekwa and his topic, Growing up Non-Norwegian!!!!

We did have a very interesting program in October as we learned about Pioneer Medicine on the Prairie by Kathleen Stokker.

Norwegian Calendars will still be available at the November meeting. Sara Knutson will be handling the sales. Remember, they make nice gifts. They are \$12.00 apiece.

Our November board meeting will be held at the Knutson's on November 21st.

Restoration Business Meeting Report

October 17, 2006 at Ann and Dean Gesme's

Present: David and Ruth Christ, Jon White, Mavis Lovik, Lois McCormick, Sara and Larry

Knutson, Ann and Dean Gesme, Sarah Gunderson, and Wally Sundet.

President McCormick opened the meeting at 7:15 P.M.

No changes were made to the September business meeting report.

Wally Sundet presented the treasurers report: Checking \$1,616.80 and Savings \$7,428.85.

Sara and Larry Knutson presented the Social Director's report. November servers are Jean Oxley, Ardith and Gerald Erickson, and Don and Norma Kvindlog. Julebord planning is in process.

Sara Gunderson reported that November's meeting will be Vern Lekwa telling about growing up Norwegian in a non-Norwegian community.

Wally Sundet reported that First Lutheran is planning to renovate the area we meet in. If that happens, we may need to cut back on the amount of stuff we have stored. Sara Knutson moved and Jon White seconded a motion that we have a silent auction to include surplus items. Motion passed. January has been suggested as a possible date for the auction.

December will be the last newsletter Jon will be doing. We need to find new people for newsletter editor and mailer.

Wally Sundet reported that the final total for Foundation donations is not yet available.

Ann Gesme reported that she has 15 people signed up for Norwegian class and 10 attended the first session. We have 4 new members from this year's class.

Election of officers will be at the November social meeting.

International is increasing their dues. We will need to review our dues structure.

The meeting adjourned at 8:08 P.M.

David Christ, Secretary

Språk og kultur –

Language and Culture

Podcasts

One of the hardest things about learning a new language is getting exposure to it. Hearing native speakers using natural language is key to building fluent listening skills. NRK, the Norwegian state broadcasting service, has a new, free tool that students of the Norwegian language will want to check out – podcasts. A podcast is simply a radio show saved to a digital audio file that can be downloaded from the internet. Podcasts differ from traditional net radio in that you can download and save a podcast, burn it to a CD or even listen to it on an mp3 player like an iPod.

NRK offers several of their programs for free at www.nrk.no/podkast. Some of our favorites are *Filmpolitiet*, a weekly review of new movies, *Norgesglasset*, a variety show focusing loosely on Norwegian culture and *Språkteigen*, a half hour program on Norwegian language starring linguistic celebrity Sylfest Lomheim. You can also find a variety of other news and entertainment programs.

Despite the name, you don't need an iPod to listen to a podcast. All you need is a computer, a good internet connection and an audio program like iTunes, which is available for free for both Macintosh and PC from www.apple.com/itunes.

The easiest way to subscribe to NRK podcasts is to open up www.nrk.no/podkast in your internet browser and copy the link of the show you want to listen to. Then switch over to iTunes, go the menu called "Advanced" and choose "Subscribe to podcast." Just paste the link into the window that comes up, hit "OK" and your computer will automatically download the latest edition of that show.

Matlyst Monthly

Saffron Buns

*From Authentic Norwegian Cooking
by Astrid Kalsen Scott*

Ingredients:

1 cup milk

1/2 cup, scant sugar

1 tsp. salt

1/2 cup, scant butter

1/2 tsp. saffron threads, crushed

1 pkg. active dry yeast

1/2 cup water, warm

1 egg, small

4 cups unbleached flour

1/3 cup raisins, optional

Egg and pearl sugar

In a heavy saucepan, combine milk, sugar, salt, butter and saffron and bring to the boiling point. Stir. Remove from heat and let cool to lukewarm.

Pour into food processor bowl equipped with a dough hook, or large bowl. Dissolve yeast in lukewarm water and add. Add egg, and about half of the flour, and mix thoroughly. Add remaining flour, to avoid a heavy bread use as little flour as possible.

The dough will be sticky. Using the dough hook beat for 1 1/2 minutes, or use your electric mixer for about 5 minutes. Place in a greased bowl, cover with lightly greased plastic wrap, and set to cool in a warm place for 1 hour, or until double in bulk.

Shape into saffron buns as pictured, or make into braided breads. Raisins used for decorations need to be added before the second rising. Set to raise in a warm place for 30 minutes, covered with greased plastic wrap. Brush with beaten egg, and sprinkle with pearl sugar. Bake at 425 degrees F until golden brown, about 15 to 20 minutes. Cool slightly then remove to rack to cool completely. Makes 10 large buns, or 16 medium.

Calendar of Coming Events:

November 14

November 21

November 15

Social Meeting

Board Meeting

Kaffe Tid

Elected Officers:

President-Lois McCormick	377-2890
Vice President-Ann Gesme	362-6910
Counselor-Dean Gesme	362-6910
Secretary-David Christ	319-351-7717
Treasurer-Ding Sather	393-7310
Assistant Treasurer-Dean Gesme	362-6910
Membership Secretary-Mavis Lovik	393-6679
Cultural director-Sarah Eness Gunderson	319-330-3153
Social directors-Sara & Larry Knutson	395-0621
Greeters-Sharon Mow (2 year)	366-3202
Gloria Larson (1 year)	377-2373
Marshall-Lloyd Holecek (2 year)	377-4438
Jon White (1 year)	393-9430
Trustees	
Wally Sundet (1 year)	393-6971
Merle Kjonaas (2 year)	319-338-0414
Paula Schulte (3 year)	396-1076
Sports/Recreation/Youth-Verl Lekwa	319-728-2847

Auditors:

Ruth Christ (1 year)	319-351-7717
Jean Oxley (2 year)	364-5340
Bob Thorkildson (3 year)	319-436-4542

Appointed Officers:

Foundation-Wally Sundet	393-6971
Historian--Paula Schulte	396-1076
Kaffe Tid-Mary Durspek	377-4480
Language Facilitator:	
Ann Gesme	362-6910
Sarah Eness Gunderson	319-330-3153
Librarian-Judy Argo	319-247-2479
Musician-Carolyn Rushton	319-351-8604
Newsletter Editor-Jon White	393-9430
Publicity- Sandra Van Amburg	223-5331
Scholarship-Ruth Christ	319-351-7717
Sunshine-Ann Larson	373-1891

Sons of Norway representatives:

David Tesdahl	319-286-9447
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Lodge web site:

www.sofn-cedarrapids.org	
web master- Robert Thorkildson	319-436-4542

Sons of Norway
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 Cedar Rapids, IA 52403-1606