

Restauration Lodge #548

March 2009

www.sofn-cedarrapids.org

Volume XXXIII Number 3

The March social meeting will be Tuesday, March 10, 2009

7:00 pm

Our Savior's Lutheran Church
3634 1st Avenue NE
Cedar Rapids, Iowa 52403

Program: Cary Trantham, a Non-Norwegian with Norwegian Grandchildren

Fra Presidenten

On Valentine's Day I had the honor of supervising a party for my fifth grade grandson and his friends. While conversing over pizza, one of the girls indicated she was late to the party because of her Saturday Chinese class. I interjected words of encouragement, the value of learning a second or third language, and how hard I had worked in my Norwegian class. Immediately, a couple of my table mates said I needed to talk to Eddy because she had studied Norwegian. Evelyn Galstad (Eddy to her friends) was eager to take time from the party activities to talk to me. This will be her fourth summer attending Skogfjorden. Her older brother, Leif, attended for eight years! Upon arrival at camp students present their passports to customs' officials, select Norwegian names and exchange their money for Norwegian currency. Her adopted Norwegian name is Nikolena. In describing a typical day her eyes sparkled and her voice was animated. After breakfast – the first of four meals-chores have to be done – vacuuming, sweeping, cleaning toilets, etc. The day is divided into several sessions: language basics - food, alphabet, etc.; free time choice of four cultural activities; Speaking to Survive in Norway; and additional language sessions. There is also time to hang out in the snack bar and eat yummy milk chocolate imported from Norway, have

a midday rest in the cabin, participate in camp-wide activities and enjoy the language-fluent counselors leading storytelling, singing, dancing and games. Over and over, Eddy talked about how much she liked the staff. The Dean of Skogfjorden, Tove Dahl, is described by Eddy as “the greatest and rock solid” and rumor is that Tove will be knighted this summer. There is nothing as motivating as listening to a child, excited about learning and eager to return to Skogfjorden, to make one explore the adult opportunities and family camps available. My hats off to S.O.N. members who have availed this treasure to their children and grandchildren.

(In a recent email from Eddy's Norwegian mom, she mentioned that they had just returned from the American Birkebeiner cross-country ski event in Hayward Wisconsin. Eddy participated (900+ children this year) for her 9th year.

Cindy Charlson Monroe

Board Meeting Date

The next S.O.N. Board meeting will be at 7:00 p.m. the fourth Tuesday of the month (March 24) at President Cindy Charlson Monroe's home – 449 Dows Rd. SE (363-7420).

First District Bowling "Ball"

Are you looking for a mini vacation? The Metropolitan Joint Committee of Lodges, Sons of Norway invites you to bowl (\$20) at 8:30 a.m. at Southtown Lanes in Bloomington, MN and banquet (\$20) at 5:00 p.m. at the Fred Babcock VFW on April 18, 2009. Send your reservation to Dave Kompelien, 1726 Kyllö Lane, St. Paul, MN 55122.

Mini Vacations for Non-Bowlers

-Lutefisk and Meat Balls Dinner at Lutheran Church of the Good Shepherd in Edina, MN, on March 28.

-12th Annual Ibsen Festival in Lanesboro, MN, on April 17, 18 and 19.

Lodge Genealogy Seminar

10 a.m. to 3 p.m. on Saturday, 7 March 2009

An all day Lodge Genealogy Seminar will be held on Saturday, March 7, 2009. It will be held at Our Savior's Church, 3634 First Ave. NE, Cedar Rapids, Iowa, from 10 a.m. to 3 p.m. Saturday March 7, 2009. Leading the seminar will be the world's foremost authority on Norwegian-American Genealogy, Blaine Hedberg, Executive Director and Gerhard B. Naeseth Chair for Genealogical Research and Publication at the Norwegian American Genealogical Center in Madison, WI. Cost of the seminar is \$35 for Sons of Norway members, and/or members of the Genealogy Center (non-members \$50). The registration fee includes morning coffee and noon lunch.

There is still room for a few more participants. Call Ann Gesme if interested. (319-362-6910, or augdhg@mchsi.com).

Bok Forening

The Book Club will meet at the Gesme home (2119 Lincolnshire Dr. SE – Cedar Rapids) on Wednesday, March 18, 2009 at 1 p.m.. We start our sessions with dessert followed by a discussion of the book and author. The book for March is *The Body in the Fjord* by Katherine Hall Page. Character Pix Miller heads off to Norway to investigate the disappearance of a family friend and is drawn into a world of intrigue, stolen antiques, secret histories, and deadly echoes from Norway's past and the Nazi occupation. *The Cotter's Son* is our April selection. May's choice is *Out Stealing Horses* by Per Petterson.

Truth in Humor?

Edward Streeter, author of *Father of the Bride*, wrote *Skool Scandinavia*, after a motor trip through Norway, Sweden and Denmark in 1952. "Give a Norwegian a bit of level ground and he will start a farm even if he has to get to it by helicopter." "Norwegian road engineers are born optimists." In Oslo – "The Scandinavians have a passion for collecting ancient buildings. Show a Norwegian, Swede or Dane a house over five hundred years old and, with antlike patience, he will drag it hundreds of miles over hill and dale to his local municipal park, where he will add it to a neat little synthetic village whose newest house was weatherbeaten when Columbus discovered America." His humor has truth to it.

Norwegian Facts

Population: 4.7 million

Female life expectancy: 82.46 years

Male life expectancy: 77.04 years

External debt: 0

The word 'Viking' derives from *vik*, an Old Norse word that referred to a bay or cove, a reference to Vikings' anchorages during and after raids. (Norway by Ham, etal.)

Cultural Skills Medals Program

Thank you to Lois McCormick, who will organize members wishing to participate in the Sons of Norway Cultural Skills Program to earn medals in Traditional Norwegian Cooking, Reading Norwegian and American-Norwegian Authors, Collecting Norwegian and North American Stamps, Norwegian Rosemaling, Genealogy- Family History, Hand Knitting, Norwegian Language and Culture, Hardanger Embroidery, Figure Carving, Weaving, Ornamental Carving, Chip Carving, Folk Dances, and/or Music and Musicians of Norway.



A Little in English – Brækhus Looks forward to Title Fight in February

Norway's foremost professional boxer, Cecilia Brækhus will probably get her chance at a title fight in February. The Norwegian girl defeated the Bulgarian Borislava Gorinova by points in October. It was the tenth straight victory for the 27-year-old from Bergen.

"It went really well and it felt like smooth sailing. But Gorinova is tough," Brækhus told Norwegian journalists after the fight.

Brækhus was born in Cartegena, Colombia, but grew up in Bergen. She started boxing and kickboxing when she was only 14 years old, and debuted as a professional boxer in early 2007. She is currently ranked third in the world for the welterweight class.

"The plan is that I will be in the ring again in December in order to prepare for a title fight in February. But in boxing things can happen fast, so it could happen that my plans change. No one knows," said Brækhus.

Adapted from www.aftenposten.no

Litt p å norsk – Brækhus ser fram til tittelkamp i february

Norges fremmste proffbokser, Cecilia Brækhus få trolig tittelkamp i februar. Den norske jenta vant over den bulgariske Borislava Gorinova på poeng i october. Det var det tienende strake seieren for 27- åringen fra Bergen.

-Dette gikk veldig greit og føltes som ren plankekj øring. Gorinova er tøff, sa Brækhus til norske journalister etter kampen.

Brækhus var født i Cartegena, Colombia, men vokst opp i Bergen. Hun begynte med boksing og kickboksing da hun var bare fjorten år gammel, og debuterte som proffbokser tidlig i 2007. Hun rangeres nå på tredjeplass i verden i klassen weltervekt.

-Planen nå er at jeg skal i ringen igjen i desember, og så blir det å forberede meg til en tittelkamp i februar. Men i boksing skjer ting fort, så det kan jo hende at planene blir forandret. Det vet ingen, sa Brækhus.

Adoptert fra www.aftenposten.no

Orders for nametags will be take at meetings. If unable to attend, please call Dean Gesme to get information.

Save July 10, 2009 to represent S.O.N. at Linn County Fair



May 12 is our Syttende Mai Banquet. Tickets are \$20 and may be purchased at April meeting.

Happy Birthday

March

- 1 Muriel Logan (Marion)
- 3 Gerard Rushton (Iowa City)
- 5 Robert Erlandson (Marion)
- 6 Russell Hansen (Cedar Rapids)
- 6 Kerith Lucile St. Louis (Iowa City)
- 9 Genna Knutson
- 11 Mary Durspek (Marion)
- 14 Madison Stonewall
- 14 Morgan Stonewall
- 14 Molly Stuefen
- 15 Merle Kjonaas (Iowa City)
- 18 Karl Knutson (Cedar Rapids)
- 23 Dan Legrand (Cedar Rapids)
- 27 Susan Johansen (Iowa City)
- 28 Ingrid Naesse (Cedar Rapids)

If you prefer to not have your name and birthday listed, or there is an error in the date, please let Cindy Charlson Monroe know (319-363-7420)

Proverbs and Literary Quotes

To study the proverbs of a nation, or rather, a cultural group, can be very enlightening in terms of understanding the attitudes, standards and ways of thinking within this group. We will include a few in each newsletter.

-Albuest ø tog enkemannssorg går snart over. (Crazy bone hit and widower's sorrow quickly pass.) Ivar Aasen

-Aldri så galt at det ikke er godt for noe. (Never so bad that it is good for nothing.) J. H. Wessel

-Bedre brødl øs enn rådl øs. (Better breadless than helpless.) Norse

-Den som graver en grav for andre, faller selv in den. (He who digs a grave for others falls into it.) Biblical

Mange Tusen Takk!

-Sharon Kay and Alan Stang for taking us from Iowa to Sula and a few fjords beyond at our February social meeting. Your presentation stirred the travel bug in many of us.

-Ann Gesme for organizing a fabulous genealogy seminar.

-Dean Gesme for leading the March meeting in the president's absence.

-Joe Reed for trusting us with sharp objects in his chip carving class.

2009 Kalendar

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|----------|---------------------------|
| March 7 | Genealogy Seminar |
| March 10 | Social Meeting |
| March 18 | Book Club |
| March 24 | Board Meeting |
| March 27 | Newsletter Deadline |
| April 12 | Flag Day – Easter |
| April 14 | Social Meeting |
| April 15 | Book Club |
| April 28 | Board Meeting |
| April 29 | Newsletter Deadline |
| May 12 | Syttende Mai Banquet \$20 |

Address, Name, E-mail, Telephone

Change

Please let our membership secretaries know ASAP – Alan and Barbara Erickson at 377-1707. Thank you.

May 12 Syttende Mai Banquet

Catered dinner – tickets are \$20 each. Great evening to invite potential members. Current members are asked to bring Norwegian desserts. Tickets will be on sale at April meeting – or call Mavis Hovden (393-3286).

Vesterheim's Lifelong Learning

-March 13-15 – Scandinavian-style Figure Carving for All Levels, taught by Harley Refsal. \$190 members and \$210 non-members

-March 14 – 9-12 noon - Hedeboøm, needle lace, taught by Roger Buhr. \$35 members or \$50 non-members.

-March 15 or May 17 or June 14 – Viking Knit Bracelet – fine silver centuries-old looping technique - taught by Liz Bucheit and Kary Kilmer. \$85 and \$95 materials fee.

-March 15 or May 17 – Thor's Velvet Hammer Braceletn – forge silve cuff style bracelet – taught by Liz Bucheit and Kary Kilmer. \$185 and \$95 materials fee.

-April 4 – Festive Cakes - \$64 members and \$74 non-members

Call Vesteheim Norwegian-American Museum in Decorah for more details. 563-382-9681

Chip Carving Class

No bleeding fingers or cuss words.

Instructor Joe Reed has us convinced we will eventually have beautiful works of art to share. The class meets every two weeks and began on February 16.

Bread Pudding

(Served at Book Club)

-Preheat oven to 300°.

-In large sauce pan combine 1 ½ cups heavy whipping cream, 1 ½ cups half-and-half, 1 stick butter. Cook over low heat until butter melts and small bubbles form around edge of pan. Remove from heat.

-In medium bowl, whisk together 2 room-temperature eggs, ½ cup sugar, ¼ tsp. vanilla, ½ tsp. cinnamon, and 1/8 tsp. orange extract. Slowly pour egg mixture into hot cream mixture, stirring constantly.

-Stir in 1 ½ cups cubed challah bread or other egg bread and ½ cup golden raisins. Set aside.

-In small saucepan over medium heat, combine 2 peeled/cored/diced apples and ¼ cup orange juice. Cook about 10 minutes until apples are tender. Pour into medium bowl.

-Stir into apples ¾ cup walnuts and ½ cup brown sugar.

-Arrange half of apple mixture in bottom of baking dish. Add bread mixture and top with remaining apple mixture. Cover with aluminum foil and bake in oven for 45-55 minutes or until center is set. 10 servings.

Elected Officers:

President – Cindy Monroe 363-7420
Vice President-Dean Gesme 362-6910
Secretary –Harold Williamson 338-5658
Treasurer-Ding Sather 393-7310
Assistant Treasurer-Dean Gesme 362-6910
Membership Secretary-Alan and Barbara Erickson 377-1707
Cultural director-Ann Gesme 362-6910
Social directors- Mavis Hovden 393-3286
Anna Marie Klein 373-9260
Jean Murray 393-9560

Sons of Norway representative:

David Tesdahl 319-286-9447

Lodge web site: www.sofn-cedarrapids.org web
master- Robert Thorkildson 319-721-9902

Appointed Officers:

Auditors:

Verl Lekwa 319-728-2847
Ruth Christ 319-351-7717
Bob Thorkildson 319-721-9902
Foundation-Wally Sundet 393-6971
Greeters-Sharon Mow 366-3202
Ruth Berger 365-4979
Historian-Paula Schulte 396-1076
Language Facilitators:
Tom and Ingrid Næsse 319-841-2311
Past President-Lois McCormick 377-2890

Librarian-Sarah Eness Gunderson 319-330-3153
Musicians-Carolyn Rushton 319-351-8604
Sharon Kay Stang 319-351-5133
Marvel Titone 319-683-2702

Newsletter Editors
Newsletter Mailer- Lois McCormick 377-2890
Publicity-Sandra Van Amburg 223-5331
Scholarship-Ruth Christ 319-351-7717
Sports/Recreation/Youth-Verl Lekwa 319-728-2847
Sunshine-Cheryl Zapf 363-5326
Trustee-Paula Schulte 396-1076

**Sons of Norway
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Cedar Rapids, IA 52403-1606**