

RESTAURATION LODGE #548



February 2012

www.sofn-cedarrapids.org

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**The February social meeting will be Tuesday, February 14, 2012
at 7:00 pm at Our Savior's Lutheran Church**

The program will be by Tom Næsse on Norwegian immigration to Hawaii - a little known story. He will explore some of the early immigration as well as the "big surge" in the 1880's. He will complete with the real melting pot. Hostesses for February are Barbara Erickson and Lois McCormick.

FRA PRESIDENT

At Christmas my mother-in-law presented me with several gifts she had been collecting during the year. Every time she went to a place specializing in Scandinavian gifts, she picked out something for me. I now have two aprons, serving trays, napkins and best of all a new cookbook. Authentic Norwegian Cooking by Astrid Karlsen Scott has become my book of the year. Like good ethnic cookbooks, it has stories and tips to go with its over three hundred recipes. I couldn't help but chuckle in the lutefisk section when the author said, "Nostalgic memories tug at your heartstrings if, when separated by distance, these favorites are set before you." Some of our members might find an additional hidden meaning in that sentence. The history of Jarlsberg cheese, found in our local supermarkets, is also shared. This Norwegian cheese was first produced in the early 1800's, but ceased production, when cheaper cheeses from Holland were available. Never forgot, more than one hundred years later production again began in the early 1960's after several experiments at reconstructing the recipe. The author describes Jarlsberg as having a soft, pliable texture with a nut-like flavor making it excellent for cooking and in salads. Remember that when you take a bite of your next Jarlsberg on a cracker. I need to try the mouth-watering Jarlsberg Cod (Jarlsberg torsk) and expand beyond crackers!

LIFE STORIES Life stories are not life histories. They are simply written accounts of brief episodes or events in a person's life. This sort of exercise brings enjoyment and fulfillment to the writer, while preserving important episodes in the writer's life to share with family members.

But where do I begin???? Regardless of your level of writing skills, YOU have many interesting life stories to tell. Come and join us in a workshop to get you started on this interesting and important step toward telling your very own life story - one ordinary (or unusual) episode at a time. This workshop is for anyone interested, and will include lists of ideas for getting started, and direction for advancing.

Two beginning workshops will be held at Gesme's apartment (#3313) at Cottage Grove Place, 2115 First Ave. SE. More sessions will be scheduled if enough interest is shown.
Thursday, February 9, from 9 to 10:30 a.m.
Monday, February 13, from 4 to 5:30 p.m.

Phone [319-362-6910](tel:319-362-6910), or email augdhq@mchsi.com if you plan to attend.

BOOK CLUB

We will be meeting on Wednesday, February 15, 2012, at 1 p.m. at Gesmes. Cindy Monroe will be leading the discussion on Proctor's Fart Powder, Doctor Proctor's Fart Powder: Time Travel Bath Bomb or Doctor Proctor's Fart Powder: The End of the World, Maybe, by Jo Nesbo. Cindy will also be providing the dessert. Everyone is welcome, but please phone Ann at 362-2910 if you plan to attend.

FEBRUARY BIRTHDAYS

Name	Birth Day		
Carson Mc Cormick	1	Sarah Gunderson	5
Oliine B Stigers	1	Thelma G Hottel	13
Terry D Brende	2	Nicole M Harrison	17
Lorie C Meyer	2	Ronald C Larson	22
Candy L Roberg	3	Janet L Gilchrist	24
Dean Slyter	4		

NEW BOOK Just added to the library at Sons of Norway is a Norwegian phrase book. It dates to 1943 and came from the U.S. War Department. When the U.S. found they would be working with Norwegian resistance enough to need language help they compiled a phrase book. It is small enough to fit in a pants pocket and 128 pages long. Chapters are emergency expressions, general expressions (greetings, rank, what is your name, will you have a cigarette), personal needs (food, medicine, blankets), location and terrain (can you draw me a map?), roads and transportation (is this bridge passable, where can I get a bicycle, a horse), communications, reconnaissance (are they German, Cavalry), landing a plane, number and size and letters and time. And, aren't we glad that the need for this booklet, because of the Nazi invasion of Norway, is long gone, in our past yesterdays. (Verl Lekwa)

FYI:

Name Tags are available by calling Lois McCormick at 377-2890. The cost for each name tag is \$7.25.

Scholarships for Skogfjorden are available for application now. Cut off is March 1st. The Lodge sent \$376.00 to the Foundation. Thanks to all who contributed.

Grandchildren and Children

We are in the process of preparing the membership list for the lodge. We would like to get names and ages of any member who has grandchildren or children in the area. Recently we have found out that Sons of Norway has many membership categories.

They are as follows:

Juvenile Member is an insurance category--0 - 21 yrs of age.

Heritage Member is blended in with Juvenile and are 0-15 yrs of age

Unge Venner are 16 - 21 yrs of age

If an Unge Venner has a parent or grandparent in the lodge they are a free member. They can vote, hold office, and serve as delegates. Changing a Juvenile to an Unge Venner does not affect their insurance policy. Please contact Lois McCormick if you have family members that apply to the above. Phone - 377-2890

LUTEFISK CHILI

2 lb firm Lutefisk* [if you can find it] cut into bite size pieces
2 med white onions chopped
3 tsp garlic powder
2 Tbls vegetable oil
4 cans Great Northern (or other white) beans, rinsed and drained
20 oz chicken broth
8 oz clam juice
1-1/2 tsp seafood soup base in 1/2 c. water / fish bouillon
4 cans chopped green chilies
2 tsp salt
2 tsp ground cumin
2 tsp dried oregano
1 tsp white pepper
1/2 tsp cayenne pepper (or more to taste)
2c sour cream
1c whipping cream

In large sauce pan sauté onion and garlic powder in oil. Add broth, clam juice, seafood soup base, beans, chilies, and seasonings. Bring to a boil. Reduce heat and add Lutefisk. Simmer uncovered for 30 minutes. Remove from heat; stir in sour cream and whipping cream. Serve immediately.

*Cod or another firm whitefish may be substituted, but then it wouldn't be Lutefisk Chili, would it? This "chili" is obviously white, but if it wasn't it wouldn't be Norwegian!! (Cheryl Zapf)

Minutes of the Social Meeting, Restauration Lodge 1-548, Sons of Norway

- Lutefisk Potluck Dinner began at 6:05 PM with Norwegian table prayer led by President Cindy Charlson Monroe. There were about 60 in attendance.
- Business meeting began at 7:10 PM
 - Lutefisk cooks were thanked with a round of applause.
 - Guests introduced
 - Announcements:
 - Small Norwegian flags available for \$3. Includes list of Norwegian flag days.
 - Book Club will meet Jan 25, 1 PM, at Gesmes. Norwegian American Studies publications will be discussed.
 - Blue Zone Project was mentioned. Encourages people to live long and well by eating better food and exercising. Need 16,000 people in Cedar Rapids area to sign up for area to qualify. See BlueZoneProject.com
 - Brochure from Swedish Institute in Mpls on program to carve wooden horses.
 - Pledge of Allegiance
 - Treasurer's Report: Ding Sather-Checking \$3898.03, Savings \$7785.56, all bills paid.

- **Secretary's Report: Harold Williamson – Minutes of December as printed in newsletter approved.**
- **Calendars still available from Lois McCormick.**
- **Name tags cost \$9 and are made at Solbergs**
- **Herring available for \$8.50, No lingonberries.**
- **Social Directors' Report: Anna Marie Klein**
 - **Contributors of food for the Lutefisk potluck were thanked.**
- **Cultural Directors' Report: Lois McCormick –**
 - **Program for February social meeting will be about Norwegians in Hawaii, presented by Tom Naesse.**
- **Membership Committee Report: Alan Erickson – 135 members**
- **Sunshine Report: Cheryl Zapf – No cards sent out recently.**
- **Book Club: Ann Gesme – All Norwegian American Studies volumes available on line at NAHA. All volumes also available in lodge's library.**
- **Scholarships for Language camps are available.**
- **Sports/Recreation Report: Verl Lekwa – Award to Mary Brubaker for general exercise.**
- **News of Norway: Tom Naesse –**
 - **Knifings on increase in Oslo.**
 - **Norwegian roads not big enough for foreign trucks.**
 - **New oil find in Barents Sea.**
 - **Oslo makes list of most expensive cities**
 - **Butter is still in short supply in Norway.**
- **Insurance Agent: Dave Tesdahl – He will be away for 1 ½ months, but can be reached by cell phone.**
- **Program on "How to do Life Histories" Introduced by Lois McCormick. Ann and Dean Gesme presented their memoirs.**



Cindy Monroe and Harold Williamson showing garb fitting the Lutefisk meal



Harold's badge up close!

Elected Officers:

President – Cindy Monroe 363-7420
Vice President – Dave Johansen 319-338-7034
Secretary – Harold Williamson 338-5658
Treasurer – Ding Sather 393-7310

Membership Secretary –
 Alan & Barbara Erickson 377-1707
Cultural Directors – Paula Schulte 396-1076
 Lois McCormick 377-2890
Social Directors – Mavis Hovden 393-3286
 Anna Marie Klein 373-9260

Sons of Norway representatives:

David Tesdahl 286-9447

Lodge web site: www.sofn-cedarrapids.org

Web master: Robert Thorkildson 721-9902

Appointed Officers:

Auditors:
Verl Lekwa 738-2847
Ruth Christ 351-7717
Bob Thorkildson 721-9902
Foundation-Wally Sundet 393-6971
Greeters-

Historian-Paula Schulte 396-1076

Language Facilitators:
Tom & Ingrid Næsse 841-2311
Past President-Dean Gesme 362-6910

Librarian-Sherry Waite
Marshall-

Musician-Sharon Kay Stang 351-5133
Newsletter Editors-Mary/Bill Durspek 377-4480

Publicity-Ann Gesme 362-6910
Scholarship-Ruth Christ 351-7717
Sports/Recreation/Youth-Verl Lekwa 728-2847
Sunshine-Cheryl Zapf 363-5326