

# RESTAURATION LODGE #548



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**The January social meeting will be  
Tuesday, January 8, 2013  
at 6:00 pm at Our Savior's Lutheran Church,  
3634 1<sup>st</sup> Avenue N.E., Cedar Rapids, Iowa**

The program for the January 8 meeting will be "The Rest of the Story - Hawaiian Norwegians" by Cynthia Charleson Monroe. We will also be having our annual Lutefisk and Lefse potluck. Please bring a dish to share and your own table service. Cost of the meal is \$4.00 for Lutefisk eaters, and \$1.00 for all others. Board members please arrive at 5:30 to help set up and serve.

**ELECTION OF OFFICERS** We will have an election of officers at the meeting.

## **FRA PRESIDENT**

Recently Paula Schulte sent me information on a new book she purchased, **Eat Smart in Norway, How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure.** In preparation for our trip to Norway in June, I sent for the book and found it so interesting, it was a one-night read. The most interesting section was the historical survey of the cuisine of Norway. It answered many 'why' questions of what I currently know about Norwegian food.

Growing up on a farm, I recognize the geographical forces necessary for food production. In Norway:

- The coastline is about 15,500 miles.
- Forests blanket close to 40% of the country.
- 2/3 of the terrain is mountainous, with a little over 30% above the tree line.
- Most of the country is snow-covered more than 6 months of the year and close to half lies above the Arctic Circle.
- 3% of the land is suitable for agriculture in pockets along the coast and in certain mountain and lowland valleys.
- Until the 20<sup>th</sup> century, Norway had not been occupied by outside forces, minimizing exposure to new foods and cooking influences of other cultures.

The author moves from the first farming society, the Early funnel Beaker Culture, during 4000-3300 BCE through present day.

- Current consensus holds that the hunter gatherer adopted agriculture as a result of a dramatic climate change causing drier and warmer conditions favorable for farming.
- Early grains were barley and wheat and animals were sheep, goats and cattle.

- Farms in the Roman phase of the Iron Age (1-400) had all the key farm buildings and patterns of land usage that have been retained up to the present (dwellings for animals and people, fenced fields, cattle paths, etc.)
- Cultivated crops in the last phase of the Iron Age (600-800) included wheat, rye, barley, oats and flax.
- Vikings returned home from the British Isles with turnips and cabbage. Crop rotation was practiced at the beginning of the Viking age. Vikings also brought back cardamom from Constantinople, which continues to remain a favorite spice.
- In the Medieval Age (1066-1520), the Catholic practice of prohibiting eating meat on Holy Days, made dried cod a key export commodity. The most common beverage was milk during this time and continues to be drunk at almost every meal.
- The cultivation of apples, plums, pears and cherries originated with monks.
- The single, most revolutionary change in Norwegian diet was the introduction of the potato in the 1750's. It was more reliable than grain and could be grown on land that would support little else.

Lastly, there was a recipe I am anxious to try this spring for Rabarbradrikk (rhubarb drink). Boil 1 ½ pounds cut up rhubarb in 9 ½ cups of water for 6 minutes. Strain juice and discard rhubarb. Add 2/3 cup sugar and 2 tablespoon lemon juice, stirring to dissolve sugar. Chill and add strawberry slices to each glass before serving. Doesn't that sound refreshing and healthy?

### **BOOK CLUB**

Because of weather issues, etc., the Sons of Norway Book Club did not meet in December. Weather permitting, we will meet Wednesday afternoon, January 16th at Gesmes, apartment #3303 at Cottage Grove Place. The book we will be discussing is "Marking Time" by Kathy Stokker. It describes the murals in the gathering room at Vesterheim, which depict special days in the calendar. The book is available from the Vesterheim gift shop in Decorah. Ann will lead the discussion and furnish goodies. Please phone Ann if you plan to attend.

The murals depict the symbols used on calendar sticks (primstav) utilized since Norway's conversion to Christianity in the 11<sup>th</sup> century. Would any of our members having a primstav, please bring it to share at a meeting? The February book will be any book of your choice about runes.

### **DAYTIME NORWEGIAN LANGUAGE CLASS:**

A daytime Norwegian Language and Culture Class will begin in January. We will meet twice monthly, at 9:30 a.m. on the 2nd and 4th Thursdays at Gesme's apartment #3303, Cottage Grove Place.

Tom Nesse will continue to teach a more advanced level.

The new class is Beginning Norwegian. We will be using Kathy Stokker's book. Norsk, Nordmenn og Norge, the same book as we used in the past. Please let me know if you are interested. Ann Gesme 319-362-6910 or [augdhw@mchsi.com](mailto:augdhw@mchsi.com).

### **MINUTES**

December 11, 2012 Social Meeting, Restauration Lodge 1-548, Sons of Norway Our Savior's Lutheran Church

- President Cindy Charlson Monroe led lodge in Norwegian table prayer

- Pea soup supper served. About 40 in attendance including 2 guests.
- Singing of America and Ja Vi Elsker accompanied by Sharon Kay Stang on piano.
- Secretary's Report: Harold Williamson – Minutes of Nov. 13 approved as appeared in Newsletter.
- Treasurer's Report: Ding Sather – Checking: \$1936.78, Savings: \$8026.75. All bills paid.
- Nominating Committee: Lois McCormick indicated that Barb Taylor will serve as co-director of Cultural Committee. Need replacements for Social Directors.
- Noted that 45 pounds of stamps collected for Tubfrim. Would like to have postmarks.
- Barbara Erickson has lingonberries and herring for sale.
- Lois McCormick has calendars for sale.
- Lois McCormick gave an update on her daughter in the Survivor TV show.
- Jason Gambach reported that there are plans for a "Norway House" in Minneapolis.
- News from Norway: Tom Naesse –
  - Big winter storm in southern Norway
  - European Union awarded the Nobel Peace Prize
  - Christmas in Norway
    - Only 5% go to church
    - More time now spent on eating
  - European Handball Championships being held in Norway.
- Barb Taylor showed a psalmodikon she had made from a kit.
- Norwegian Class: Tom Naesse – will resume in January, Thursdays, 6 PM.
- Announcements:
  - Next Social Meeting, January 8, 6 PM, Lutefisk potluck supper. Bring a dish to serve and your own plates and silverware. Program by Cindy Charlson Monroe (Rest of Story)
  - Next Board Meeting, January 22, 7 PM, at President Cindy Charlson Monroe's house.
- Program: Several members of lodge gave a performance of "Who Ruined the Romegrot" which was written, directed and produced by Carolyn Ruston.

### JANUARY BIRTHDAYS

<u>Name</u>	<u>Birth Day</u>	<u>Name</u>	<u>Birth Day</u>
Annonson, David	17	Larson, Gloria	24
Christ, David	24	McCormick, Lois	17
Garber, Diane	24	Mickelson, Alexandra	14
Hansen, Nancy	24	Murray, Jean	3
Hovet, Iver	17	Roberg, Marvin	13
Hovet, Signe	4	Solberg, David	4
Jacobson, William	10	Speicher, Susan	21
Klemetson, Frank	25	Stang, Alan	28
Knutson, Larry	18	Torres, Marilee	4

### NAME TAGS

Name tags can be ordered through Lois McCormick for \$7.25. Call her at 377-2890.

**Elected Officers:**

President – Cindy Monroe 363-7420  
Vice President – Barbara Erickson 377-1707  
Secretary – Harold Williamson 338-5658  
Treasurer – Ding Sather 393-7310

Membership Secretary –  
Alan Erickson 377-1707  
Cultural Directors – Jon White 393-9430  
Barbara Taylor 393-0844

Social Directors –

**Sons of Norway representatives:**

David Tesdahl 286-9447

Lodge web site: [www.sofn-cedarrapids.org](http://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  
Historian-Paula Schulte 396-1076  
Language Facilitators  
Tom Næsse 841-2311  
Ann Gesme 362-6910  
Past President-Lois McCormick 377-2890  
Librarian-  
Musician-Sharon Kay Stang 351-5133  
Newsletter Editors-Mary/Bill Durspek 377-4480  
Scholarship-Lois McCormick 377-2890  
Sports/Recreation/Youth-Verl Lekwa 728-2847  
Sunshine-Cheryl Zapf 363-5326  
Publicity-