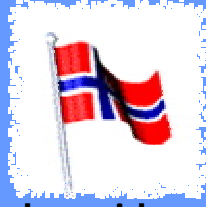


# RESTAURATION LODGE #548



February 2013 [www.sofn-cedarrapids.org](http://www.sofn-cedarrapids.org) Volume XXXVII Number 2

The February social meeting will be  
Tuesday, February 12, 2013  
at 7:00 pm at Our Savior's Lutheran Church,  
3634 1<sup>st</sup> Avenue N.E., Cedar Rapids, Iowa

The program for the February 12 meeting will be: "Split of Norway from Sweden and Choosing Prince Carl as King" by David Christ. Servers for the meeting will be Barbara and Alan Erickson, Ruth and David Christ.

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

## BOOK CLUB

Book Club will meet at Gesme's apartment Wednesday, February 20 at 1 p.m. You may read any books or articles written about the controversial Kensington Rune Stone, which was found in Alexandria, MN in 1898.

## DAYTIME NORWEGIAN LANGUAGE CLASS:

Beginning Norwegian Class will meet at Gesme's apartment the 2nd and 4th Thursdays of the month at 9:30 a.m. The dates will be the 14th and 28th --- the same dates in both February and March. The new class is Beginning Norwegian. We will be using Kathy Stokker's book, Norsk, Nordmenn og Norge, the same book we used in the past. Please let me know if you are interested. Ann Gesme 319-362-6910 or [augdhq@mchsi.com](mailto:augdhq@mchsi.com).

Tom Nesse will continue to teach a more advanced level.

## FEBRUARY BIRTHDAYS

Name	Day		Day
Carson Mc Cormick	1	Dean Slyter	4
Oliine B Stigers	1	Sarah Gunderson	5
Terry D Brende	2	Nicole M Harrison	17
Lorie C Meyer	2	Audrey Mickelson	17
Candy L Roberg	3	Ronald C Larson	22

## BRIEF NEWS FROM NORWAY.

Consumption of fish is on the decline in Norway. Meat is on the upswing.

The winter still has a grip on the country with slick roads and snow.

There is an increasing number of toll booths being installed on the highways. The drivers are not happy. Preparations for celebrating 200 years of the Norwegian Constitution (1814 – 2014) has started.

## EXERCISE NOTE

"It's time to start a fitness program, or if you have one, to make a greater commitment. The Sons is one of the few groups that give medals for fitness activities. Does your church give them out, the Lions, Kiwanis, American Legion? So let's take fitness seriously before the doctor says it's too late. As the cartoon has it, the doctor tells the patient, 'Would you rather exercise 1 hour a day or be dead 24 hours a day?'" Verl Lekwa

## LUTEFISK LIVES ON DESPITE IT'S TASTE

Dozens of Minnesota Scandinavians and the people who love them, flock to the VFW in Litchfield, MN every Thursday from November through January, where a \$20 bill will get you a big steaming hunk of the frequently mocked fish dish known as lutefisk. Butter helps it slide down your throat. It comes with meatballs, mashed potatoes, cranberry sauce and lefse.

Ole and Lars were talking, Ole says to Lars, "I've got these skunks living under my porch." So Lars says, "Just trow some lutefisk under dere". A week later Lars asks Ole, "Did you get rid of dem skunks?" Ole says, "Sure Lars, but now I've got Swedes living under dere". [Fra Veryl]

## MINUTES

Social Meeting, January 8, 2012 Restauration Lodge 1-548, Sons of Norway  
Our Savior's Lutheran Church

- Lutefisk and lefse potluck supper at 6 PM.
- Meeting convened at 7:06 PM by Vice President Barbara Erickson. About 50 in attendance including seven guests
- Thanks expressed to lutefisk cooks.
- Pledge of Allegiance
- Singing of America and Ja Vi Elsker accompanied by Sharon Kay Stang on piano.
- Secretary's Report: Harold Williamson – Minutes of December 11 approved as appeared in the Newsletter.
- Membership Director's Report: Alan Erickson – 131 members.
- Sunshine Report: Cheryl Zapf – Cards to:
  - Mavis Lovik, 80<sup>th</sup> birthday
  - Joanne Oftedahl, loss of husband
  - Lois McCormick-Shindoll, congratulating her on daughter's winning TV Survivor contest.
  - Cindy Charlson Monroe, loss of niece's son.
- Scholarship Report: Lois McCormick-Shindoll – Has application forms for summer camps.
- Sports and Recreation: Veryl Lekwa – Awards medals to Arden Shindoll for rowing.
- Book Club: Ann Gesme – "Marking Time" to be read
- Daytime Norwegian Class: Ann Gesme, begins tomorrow. Jan. 9 at her place.
- Insurance Representative: Dave Tesdahl – Spoke about:
  - Annuities, guaranteed income.
  - Whole Life, as a way to pass on assets to heirs.
- Nomination Committee: Lois McCormick-Shindoll –
- Social Director nominees: Lois McCormick-Shindoll and Mavis Hovden

- Lois McCormick-Shindoll showed her wedding pictures.
- Hosts for February are: Christs and Ericksons
- Dean Gesme has sign-up sheet for free” News from Embassy” newsletter.
- Announcements:
  - Next Board Meeting, Jan. 22, 7 PM, at Cindy Charlson Monroe’s house.
  - Next Social Meeting, Feb. 12, 7 PM, at Our Savior’s Lutheran Church. Program will be “Splitting of Norway from Sweden and Choosing a King” presented by David Christ.
- Program:
  - Two videos were shown: “America Forever” and Prairie Cabin”.

**TINY ALMOND PIES / Makes 12-14 cakes**



*150 g (5 ounces, scant 2/3 cup) unsalted margarine*  
*2 1/2 dl (1 cup) flour, sifted*  
*1 egg yolk*  
*1/2 dl (3 1/2 T) cold water*  
*1 T cognac*

***Filling:***

*3 dl (1 1/4 cups) ground almonds*  
*2 1/2 dl (1 cup) sifted confectioner's sugar*  
*3 egg whites, lightly beaten*

**From The Norwegian Kitchen –Courtesy SON**

Divide the margarine into three pieces of equal size. Crumble one piece into the flour. Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining margarine rest at room temperature.

Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining margarine over 2/3 of the dough. Fold over the plain section, then fold over the other section with margarine, like a business letter. This forms a rectangle with three layers of dough and two of margarine. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes. Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 200° C (400° F). Grease sandkake (small fluted pie) tins. Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins. For the filling, combine almonds with powdered sugar and egg whites. Place about 1 1/2 teaspoons of filling in each form.

Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust. Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes.

**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-