

RESTAURATION LODGE #548



Jun 2014 www.sofn-cedarrapids.org Volume XXXVIII Number 6

The June social meeting will be Tuesday, June 10, 2014 at 7:00 PM at Our Savior's Lutheran Church in Cedar Rapids

Hosts for the meeting will be Bill and Mary Durspek and Ron and Ann Larson

The program will be "International Summer School" presented by Bob Thorkildson. He attended the school in Norway some years ago, and so will be speaking from personal experience.

BOOK CLUB

The Book Club will take the summer off - No meetings in June, July and August.

NORWEGIAN LANGUAGE CLASS

No class in June, July, and August.

JUNE BIRTHDAYS

<u>Name</u>	<u>Birth Day</u>	<u>Name</u>	<u>Birth Day</u>
Marilyn M Skaugstad	8	Sandra L Van Amburg	19
Donna J Trolliet	8	Mette G Kelley	23
Wilmer A Mickelson	11	Jenny S Bosking	24
Barbara L Erickson	12	Barbara A Taylor	25
Zoe Berger	13	Alan R Erickson	29

NEWS FROM NORWAY

- Norwegian energy provider Statoil has announced a gas discovery on the northeast flank of the Visund Field on the Norwegian Shelf in the North Sea.
- More than half of the Norwegian population is overweight, according to a recent report. The Minister of Health is concerned, and says that obesity is a threat to our society. Norwegians are not active enough, and they eat too much. Along with the rest of the world, the population is gaining more and more weight.
- After two weeks of warm, sunny weather in Southern Norway, the Met Office has again warned of major risk of forest fires in several areas over the next couple of days.

EXERCISE NOTE

If you are doing anything to stay in condition, from walking in a mall, to swimming, to stretching, to lifting small weights, see Verl Lekwa and get started on the SON exercise medal ladder. It acts as an incentive to stay healthy.

OLE and LENA

Ole and Lena won a contest and the prize was a trip around the world. When they arrived in Russia, they were assigned a special guide named Rudolph. As Rudolph was showing them around Red Square, it commenced to rain a bit...and then some sleet came down. "Yee viss," exclaimed Ole, "here comes da snow." "Oh no," said Rudolph the Russian, "It is RAIN!" "And I say it is SNOW," retorted Ole. Lena, trying to be the diplomat said, "Now, now, Ole, calm down...after all, Rudolph the Red knows rain, dear."

RECIPE – RISKREM [RICE CREAM] Given to Lois McCormick-Shindoll by Norm Carlson

3/4 cup rice 1tsp salt 4 cups whole milk 1/2 cup sugar
1/2 tsp almond extract 1/2 cup chopped almonds 1 whole almond
1 pint heavy cream, whipped and sweetened to taste

Rod Fruktsaus [Red Fruit Sauce] , lingonberry jam or preserves to pour over at end.

- Combine rice, salt and milk in top of double-boiler. Cook, uncovered, over simmering water until rice is soft and mixture is thick, about 1-1/2 hours. If necessary, stir occasionally to keep mixture evenly moist.

- Remove from heat. Add sugar and almond extract, stir to dissolve sugar. Chill overnight or until cold. Stir in chopped almonds and one whole almond. Fold in whipped cream. Spoon into dessert bowls and top with fruit sauce or preserves.

- Red Fruit sauce – 2 cups of red juice of your choice such as cranberry, 1 tbl potato flour, 2 to 3 tbl cold water. Bring juice to a boil in a sauce pan. In another cup, dissolve potato flour with cold water. When juice comes to a boil, remove from heat and slowly add the potato flour mixture while stirring constantly. Return to heat and bring quickly to a boil. Then immediately remove from heat. Put into a pitcher and sprinkle a little sugar over the top to prevent a film from forming. Chill the sauce. Makes 12 servings.

MINUTES

May 13, 2014 Social Meeting, Restauration Lodge 1-548, Sons of Norway
Our Savior's Lutheran Church

- Syttende Mai Banquet began at 6:10 PM. 66 in attendance.
- Norwegian Table Prayer sung accompanied by Sharon Kay Stang on piano.
- Business meeting convened at 7:15 PM by President Cindy Charlson Monroe.
- Pledge of Allegiance
- Singing of National Anthem and Ja Vi Elsker accompanied by Sharon Kay Stang on piano.
- Introduction of guests (17). One of guests, Eric Hasselbusch, spoke about hosting foreign students. His family hosted a student from Norway this year.
- Treasurer's Report: Ding Sather – Checking \$2263.43, Savings \$8234.60. All bills paid.
- Secretary's Report: Harold Williamson – Minutes of April 8 as printed in newsletter approved.
- Membership Secretary's Report: Alan Erickson – 130 members
- Sunshine Report: Cheryl Zapf – Special birthday card to Jean Reed, Card to Bob Thorkildson for loss of mother.
- Social Secretaries' Report: Lois McCormick-Shindoll - Have servers for next month.
- President's Report: Cindy Charlson Monroe –
 - Joint Orienteering event with Indian Creek Nature Center drew 23 participants.
 - Showed small chest to be used as center pieces at our District Convention meeting. Marvin Robeck did rosemailing in it.

- Syttende Mai Celebration at Cedar Rapids Library. Need more help. Signup sheet circulated.
- Various knitted items of member shown.
- Noted that children's book (Brown Bear, Brown Bear) translated into Norwegian with aid of Tom Naesse and Ann Gesme will be read at May 17 Celebration at Cedar Rapids Library.
- Sports and Recreation: Verl Lekwa – Award to Alan Stang for various exercises and to Carey Trantham for bicycling.
- Program: Barbara Taylor introduced Kathleen Stokker, Professor Emeritus in Scandinavian Studies at Luther College who gave a talk on “Rites of Passage “



Members with Norsk bunads and sweaters and including our Norsk student guest and lecturer Kathleen Stokker in the front row at the June 13th Syttende Mai banquet



Cindy and lecturer Kathleen Stokker



Food line at the banquet on May 13



Dessert table at the banquet



Norwegian exchange student with host parent Eric Hasselbusch at the banquet



Workers at the Cedar Rapids library

A contingent of our Lodge manned displays at the Cedar Rapids Library on the 17th of May. We had a knitting display, Norwegian artifact display, our rosemailed immigrant trunk and a carving display. They even went outside for a Syttende Mai march with flags



Lois Shindoll making Vafler



Cindy Monroe showing our rosemailed immigrant trunk at the CR library May 17



Jean Murray helping with cutout projects



Spinning wheel on display



Carving display at the Library



Artifact display at the Library



Knitting display at the library



SON 548-1 on parade for Syttende Mai outside the library on May 17th

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 – Barbara Taylor 393-0844
Beverly Robeck 319-512-0331

Social Directors – Mavis Lovik 393-6679
Lois McCormick-Shindoll 377-2890

Sons of Norway representatives:

Nathan Tjelmeland 319-826-5366
Eldon Neighbor 319-350-9101

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
Historian-Paula Schulte 396-1076
Language Facilitator
Tom Næsse 841-2311

Past President-Lois McCormick 377-2890
Librarian- Lois McCormick 377-2890
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-