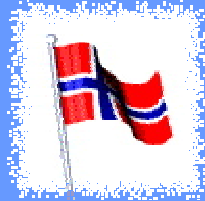


# RESTAURATION LODGE #548



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**The September social meeting will be Tuesday, Sept. 9, 2014 at 7:00 PM at Our Savior's Lutheran Church in Cedar Rapids**

Program for the September meeting: Our program this month will be Martha Greisheimer from Vesterheim Museum where she is the coordinator of volunteers. Her program will explore the Primstav, but from the angle of interpreting the murals of the "Sigmund Aarseth Gathering Room" at Vesterheim. Primstavs are a carved stick that were used in medieval Norway as a form of a calendar. Martha is looking forward to visiting our Lodge again.

Hosts for the meeting will be Mavis Lovik and Carolyn Rushton.

## PROGRAMS NEEDED

Cultural Directors Barbara Taylor and Beverly Robeck would like to know if any Lodge member has a suggestion of a topic for a program for next year. They are also looking for anyone that might be interested in presenting a program on a Norsk topic, which might be, but not limited to, a hobby, collection, project, travel, talent, story, play or special interest. If you have ideas or suggestions or are willing to do a program, please either call or email Barbara Taylor at 319-393-0844/[barbscitch@mchsi.com](mailto:barbscitch@mchsi.com) or Beverly Robeck at 319-512-0331/[mrobeck@mchsi.com](mailto:mrobeck@mchsi.com) .

## FRA PRESIDENT

Summer seems to be our Restauration 1-548 awareness building time. We kicked it off with a day-long Syttende Mai celebration at the Cedar Rapids Library. Our exhibits and activities at the Linn County Fair's Youth Day and Hoover Fest in West Branch focused on the Norwegian connection with the Disney hit movie *Frozen*. Our Linn County Fair Community Day was a hit with attendees as we made and shared krumkake and vafflers and exhibited our immigrant trunk. Brytta Fitzgibbons (a much appreciated volunteer for our many summer activities) and I spent one day at the Sons of Norway tent at the Nordic Fest that and had many great conversations with people from around the world. The orienteering classes offered in partnership with Indian Creek Nature Center were well attended. Our final class of the series of four classes will be September 6 at 1:00 (with Norwegian treats provided). Our next hurdle after awareness is translating the actions into memberships. Stay tuned for more opportunities.

## BOOK CLUB

Book Club Wednesday, September 17 at 12:30 p.m. at Cottage Grove Place. We will meet in the lobby, and have lunch in the GRILL. The book we will discuss is "Of Norwegian Ways" by Bent Vanberg.

RSVP to Ann at 362-6910 or [augdhq@mchsi.com](mailto:augdhq@mchsi.com) by Tuesday, Sept 16th.

## NORWEGIAN LANGUAGE CLASS

The class is still on break. Will re-start in October.

## CALENDARS

Lois will be ordering calendars soon for the approaching new year.

### August Birthdays:

Name	Month	Day
Charles L Holecek	8	1
Sara K Knutson	8	7
Harold E Williamson	8	8
Tucker L Cornell	8	13
Mary L Brubaker	8	15
Diane Irene Ogann	8	15
Emma J Nielsen	8	18
Taylor Lawrence	8	19
Rod A Simonson	8	28
Dale D Hovden	8	29
Donald Livingston	8	31

### September Birthdays:

Name	Month	Day
William Durspek	9	1
Cynthia Charlson Monroe	9	5
Joanne Oftedahl	9	5
Norman Vernon Roberg	9	5
Vincent Williams	9	6
Jodi Enger Marquith	9	8
Enid U Benda	9	9
Joe A Reed	9	10
Clarissa Mc Cormick	9	21
Dale A Fitzgibbons	9	22
Mary C Neuhaus	9	23
Ruth E Christ	9	26
Carey E Trantham	9	30

## NEWS FROM NORWAY

The Union of Education Norway has requested the 850 teachers strike from Tuesday next week and have said to all involved to prepare for long-term disruption. The move is in reaction to a breakdown in talks with employment union KS's to reach resolve over the dispute over teachers' working conditions. 65,000 plus students in grades 1 through 12 are affected so far.

Oslo---For the first time in the capital city's history, Mohammed is the common name for boys and men, said a study on Thursday. [Ole, where are you?] The possibility of Winter Olympics in Oslo in 2022 is not looking good. The young people are not in favor. ISIS gang of four sparked Norway's terror alert. Four terrorists connected to ISIS were responsible for the recent terror alert in Norway, claimed a media report on Thursday

## 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 Sven were taking a vacation in Sven's new camper. As usual, they'd become lost and were wandering around a strange town trying to find the highway. Sven was just starting down a grade to go under a bridge when he slams on the brakes.

Ole: Vat da heck you do dat for, Sven?

Sven: Dat sign dere says "Low Bridge. No Vehicles Over Twelve Feet High." Dis here camper is t'irteen feet!

Ole: Cripes almighty Sven, dere ain't no cops around. Yust hit da gas pedal and go for it!

## RECIPE – FRA TOM NÆSSE'S MOTHER

### Waffels

## **Metric Measure**

1 dl Oatmeal (Quick oats)            approx. ½ cup

4 dl flour (whole wheat)            2 cups

1 tsp. vanilla sugar (or use extract)

1 tsp. Baking powder

4 dl milk                                    2 cups

Eggs: 2 large or 3 small

Blend above ingredients

Melt 1 dl butter            about ½ cup

add the butter (fold it in)    Let stand for 30 minutes.

## **ADDRESS CHANGES**

Mavis Lovik, 1650 Koehler Dr. NW, Unit 116, CR, 52405, tel 826-6125

Lois and Arden Shindoll, 1038 Rolling Glen Dr., Marion, IA 52302

Clarence Sampson is now living with his son, more later.

## **MINUTES**

July 8, 2014 Social Meeting, Restauration Lodge 1-548, Sons of Norway

Our Savior's Lutheran Church

- Meeting convened at 7 PM by President Cindy Charlson Monroe. 33 in attendance.
- Pledge of Allegiance and singing of: "America" and "Ja, Vi Elsker" accompanied by Sharon Kay Stang on piano.
- Secretary's Report: Harold Williamson –June minutes as appeared in Newsletter approved.
- Treasurer's Report: Ding Sather – Checking \$1396.49, Savings \$8234.60
- Social Secretaries' Report: Lois McCormick -
  - No August meeting
  - September servers are: Carolyn Rushton and Mavis Lovik
- Membership Secretary's Report: Alan Erickson – 129 members
- Sunshine Report: Cheryl Zapf – card to Anna Marie Klein, eye ailment
- Sports and Recreation: Verl Lekwa – Awards to:
  - Nathan Tjelmeland for weight lifting/running
  - Alan Erickson for cycling
- News from Norway: Tom Naesse
  - Everyone is on vacation now
  - No rain, very dry
- Presidents Report: Cindy Charlson Monroe –
  - Showed pictures of Duluth meeting, Linn County Fair, Heritage Days in Forest City
  - Orienteering classes in Indian Creek Nature Center will feature use of compass. Jan Eels instructor.
  - Linn County Fair report: Waffles, krumkake served. Trunk on display
- Facebook page shown by Cindy Charlson Monroe and Alan Erickson. Contains pictures taken at Duluth District Meeting. Noted that Connie Rogers is new director of district.
- Announcements:
  - Hoover Days at West Branch, August 2

- Nordic Fest at Decorah, July 25-26. Cindy Charlson Monroe and Brytta Fitzgibbons will represent the lodge on July 25
- Summit Center presentation on July 22, 2 PM
- No August Social Meeting
- Board Meeting, August 19, 7 PM, at President Cindy Charlson Monroe's house.
- Golden Membership Award received by Barbara Taylor.
- Ann Gesme presented program on "Life of Ole Bull"



**Verl Lekwa giving Alan Erickson his cycling medal**



**Cindy Monroe giving Barb Taylor her 30 year membership award**



**Verl giving Nathan Kjelmeland his exercise medal**



**Float in the 2014 Decorah Syttende Mai parade**

**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](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 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-