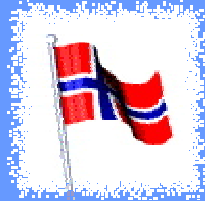


RESTAURATION LODGE #548



Dec 2014 www.sofn-cedarrapids.org Volume XXXVIII Number 11

The December social meeting will be Tuesday, December 9, 2014 at 6:00 PM at Our Savior's Lutheran Church in Cedar Rapids

We will have a meal at 6:00PM and enjoy Norwegian Pea Soup made by our president Cynthia Monroe and Rye Bread made by Anna Marie Klein and Vafler for dessert. Come and enjoy!

Program for the 9 December meeting, Dale Fitzgibbons will be sharing reflections on "The Dangers of Christmas".

Hosts for the meeting will be the SON Board Members. Board members will set up at 5:00, serve and cleanup.

FRA PRESIDENT

Members Barbara Erickson, Thea O'Grady and I meet weekly to work on our knitting. Thea is willing to "lead" a larger group of Restoration knitters in the new year. Knitting and weaving were important skills for our ancestors in the Nordic countries. Somewhere I read that when looking for a wife, a young man needed to first find out if she could knit, milk a cow and make flatbread, before considering a long term relationship. Our group will be for beginners, those with squeaky skills and current knitters. It is also meant to be inclusive, meaning we want men to knit. Watch for more information about Nordic Knitters.

YELLOW PEA SOUP - Nutrition Punch

The menu for our December meeting features yellow pea soup, a staple in many Scandinavian families on Thursday nights. If you Google this delicious soup, you will see a plethora of suggestions for its preparation. Ingredients include onions, celery, carrots, turmeric, chicken stock, potatoes, ham hocks, paprika, dried chipotle peppers, smoked paprika, Adobe Complete Seasoning, minced garlic, crumbled turkey bacon, Portobello mushrooms, fresh ginger, kosher salt, white pepper, ham steak, chicken breasts, bacon, thyme, bay leaf, parsley, dill, salt pork, leeks, chives, celeriac, and cocktail Vienna sausage. For our meal we will have one with salt pork and one vegetarian – not too fancy, but from Scandinavian cook books. Nutritionally, it makes sense to start eating this soup weekly. A half cup provides 20% of your daily protein and 10% of your daily carbohydrates. That half cup also provides ¼ of your daily requirement for amino acid tryptophan which is needed to manufacture the neurotransmitter or brain chemical serotonin which regulates mood, appetite, hunger and sleep. It is also rich in vitamin B-1 (good for proper nervous system function), folate (think healthy heart, enhancing immune system function, preventing birth defects and forming red blood cells), phosphorus (strong healthy bones) and potassium (helps regulate heartbeat and blood pressure and promotes healthy arterial circulation), and

trace minerals molybdenum and manganese (metabolic reactions in the body). Finally, it offers great fiber. Sounds like a wonder food, doesn't it.

RESTAURATION TRUNK - Visited Summit Point

Cindy Monroe presented the trunk and its contents with a mini-lecture to interested residents of Summit Point. It was a dry run for future presentations to school age children. The text will be shared with Restauration members for suggestions for improvement. A snack of ginger cookies and lingonberry juice was provided to the audience. As the project continues, we will be asking for volunteers to become presenters.

CAMPS

Skogfjorden, Norwegian Language Village 2015 and Masse Moro Norwegian Heritage Camp Materials Available

We have received the materials for scholarships to Skogfjorden and copies will be available at the December meeting. If there is a deadline, it is well hidden in the paperwork. District 1 will provide a scholarship of up to \$100 per week. Our lodge also provides scholarships, the amount dependent on the number of applicants. The cost for one week is \$915, for two weeks is \$1,925, and for four weeks is \$4,035. It is a healthy economic investment for a family.

Masse Moro is located near Eau Claire, Wisconsin, and has one session from July 21 through August 1. It costs \$650 and includes language lessons, evening programs, holidays, handicrafts, folk dancing, soccer, volleyball, Viking Club, a nature center and observatory.

NEW BOOKS

Two recent books concerning Norwegians:

- 1) "From the Hornet's Nest to Custer's Last Stand: The Immigrant Story of Norwegian Sergeant Olaus Hansen," by Ozzie Sollien. Create Space Independent Publishing. This is based on the true story of a Norsk immigrant to Iowa who took part in the Civil War and later was with Custer at the fatal Big Horn battle. The author adds some imaginary items to the story, but gives an idea of another immigrant tale.
- 2) "Dear Unforgettable Brother: The Stavig Letters from Norway and America, 1881-1937." South Dakota State Historical Society Press. Two half brothers wrote letters for decades to each other, one from South Dakota, the other from Norway. Also includes some essays on the theme of immigration, etc.

BOOK CLUB

Book Club will be Wednesday, December 17th at 1 p.m. at Gesme's. Ann will have refreshments and lead the discussion of the book, "Tastes and Tales of Norway" by Siri Lise Doub.

NORWEGIAN LANGUAGE CLASS

No Class, Tom Næsse is on vacation.

CALENDARS

Norwegian Calendars for 2015 will be available at the December social meeting. They are \$12.00. If you would like to reserve one or more you can call Lois McCormick at 377-2890.

HERRING and LINGONBERRIES

None are ordered this year as they are available locally at HyVee and Fairway.

DECEMBER BIRTHDAYS

Name	Day	Name	Day
Mavis Lovik	2	Joyce A Munson	26
Gerald A Erickson	17	Joan E Bredeson	27
Thorleif Næsse	22	Dean H Gesme	31
Arden R Shindoll	22	Eldon W Wohlleben	31
Robert J Thorkildson	25		

NEWS FROM NORWAY

Record high opposition to EU membership .

20 years ago Friday, Norway voted no to EU membership in a second referendum, and the opposition to Norwegian membership in the Union is now higher than ever, at 74 per cent. The latest Sentio poll shows that only 16.8 per cent are in favour of membership, while 9.2 per cent are undecided, when asked if Norway should become a member of EU, Nationen writes.

The unemployment rate in Norway for the third quarter was 3.7 per cent, up 0.2 percentage points from the previous quarter, according to Statistics Norway.

Norway may make money despite falling oil prices after the OPEC-ministers agreed not to reduce the oil production at the OPEC-meeting in Vienna Thursday. A record-high number of immigrants were deported in October. The National Police Immigration Service deported 824 unwanted individuals from Norway in October, which is a new record. Negotiations all day Thursday between the teachers' unions and the Norwegian Association of Local and Regional Authorities (KS) ended without results, and the strike by 5500 teachers continues.

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 Veri Lekwa and get started on the SON exercise medal ladder. It acts as an incentive to stay healthy.

OLE and LENA

Lena was visiting with her friend Freda, who explained how her husband Hjalmar had courted her with a rather unusual marriage proposal. Hjalmar told Freda that if she married him, he would either churn her 10 pounds of butter, or write her a poem. "I see," said Lena, "So it looks like you married him for butter or verse."

MINUTES

Restauration Lodge 1-548 Sons of Norway November 11, 2014 Meeting Minutes

1. Meeting opened with welcome by president, Pledge of Allegiance and singing of America and Ja, vi elsker.
2. Reports were received from the treasure, secretary, social directors, cultural director and membership. Treasurer and secretary reports accepted.
3. Carey Trantham led an entertaining exercise in matching Norwegian food to English equivalents.
4. Tom Naesse's daughter, visiting from Norway gave us a brief political report and answered any questions we had of her.

5. **Bob Erlandson received a biking medal.**
6. **Tom Naesse presented a program on Norwegian immigrants in Texas**
7. **The next meeting will be at 6:00 pm on Tuesday, December 9 and will feature a yellow pea soup dinner with desserts provided by the board and bread by Anna Marie Klein.**
8. **As you can tell by these minutes, the absence of our regular secretary greatly affected the completeness of this document. We missed you, Harold.**



Tom Næsse lecturing on Norsk Settlements at the Nov meeting.



Cindy Monroe and her latest knitting project called a "Norwegian Memories" scarf. The design came from a Kirkwood class taught by lodge member Thea O'Grady.



Verl Lekwa presenting a biking medal to Bob Erlandson



Bøyabreen Glacier at Fjærland



Norsk sweater-wearers at the November meeting.

F: Marv Robeck, Carey Trantham, Don Kvindlog, Bob Erlandson

R: Thea O'Grady, Anna Marie Klein, Cindy Charlson Monroe, Tom Næsse

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-