

RESTAURATION LODGE #548



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The February social meeting will be Tuesday, February 9, 2016
at 7:00 PM at Our Savior's Lutheran Church in Cedar Rapids

The program for February will be *Jon Tehven*, our International President of Sons of Norway who will give his *Sons of Norway Reflections*.
Hosts for the meeting will be Bill & Mary Durspek and Barb Taylor

FRA PRESIDENT

Thanks to those who signed up to volunteer to help with the convention. Cindy Monroe will share more at the February meeting. We are honored to have Jon Tehven, Sons of Norway International President as the speaker February 9th.

The following have agreed to serve as officers and will be installed at the February Meeting.

Vice President: Cindy Monroe
Secretary: Harold Williamson
Cultural Director: Beverly Robeck
Social Director: Lois Shindoll

Barbara

CONVENTION PLANNING

At the next meeting members will receive a document summarizing our progress and requesting help. Your response has been delightful so far and we look forward to wrapping up details. After much work, the registration form is complete and out. At 6:00 before each of the February, March and April meetings, we will be holding discussion sessions. You are invited to join us.

PLEASE save June 8-11 to volunteer to the convention and attend the banquets. Thank you from Anna Marie Klein, Barbara Erickson and Cindy Monroe

BOOK CLUB

Book Club is on vacation until after the convention in June.

LANGUAGE CLASS

Tom Næsse's class has a new attendee, Les Stokke.

PROGRAMS FOR 2015 AND EARLY 2016

February 9, 2016 *Reflections of Our International President* by Jon Tehven

March 8, 2016 *Women's Publication* by Ann Gesme

April 12, 2016 *Norway's role in Peacekeeping efforts* by Tom Næsse

CALENDARS

2016 Norway Calendars will be available at the February Sons of Norway social meeting. They will be \$12.00. If you will not be at this meeting and want a calendar please let Lois Shindoll know and she will reserve them for you. Phone 377-2890

OUR SCHOLAR-MEMBER JOHN HANSON IN NORWAY

Our lodge member, John Hanson, who received a Fulbright Scholarship to teach in Norway during this school year, can be followed at his blog at <https://johnlhanson.wordpress.com/> .

FEBRUARY BIRTHDAYS

Name	Birth Day	Name	Birth Day
Oliine B Stigers	1	Hubert Ellingson	7
Terry D Brende	2	Cara Snobl	8
Lorie C Meyer	2	Amy Speicher	10
Candy L Roberg	3	Ronald Larson	22
Dean Slyter	4		

NEWS FROM NORWAY

Norway could lose two-thirds of its oil wealth If today's current low oil prices don't rise again, two thirds of Norway's estimated oil wealth will disappear, a new analysis shows.

Norway will tighten its asylum policy to dissuade migrants from coming, the country's political parties agreed Thursday amid a record number of asylum applications. Since the beginning of the year, 29,000 people have sought asylum in the country of 5.2 million, including 2,500 people in the past week alone.

FACEBOOK LINK

Link to our Facebook

<https://www.facebook.com/SonsOfNorwayRestaurationLodge1548>

District One now has a facebook at <https://www.facebook.com/Sons-of-Norway-District-1-148130308566588/>

OLE & SVEN

Sven and Ole were sipping their beers when a truck went past loaded up with rolls of sod.



"I'm going to do dat when I vin da lottery," announced Sven. "Do vhat?" asked Ole.

"Send my lawn out to be mowed. "

Ole was telling Sven, "I jus bought a new hearing aid. It cost me four tousand dollars, but it's state of da art. It's perfect."

"Really," answered Sven, "What kind is it?"

Ole replied "Twelve turdy

EXERCISE

The time to get healthy or stay healthy is before the doctor frowns and says, I think you need to make some changes. Diet, exercise, do the whole business. Sons of Norway doesn't have a diet program but it does have one for exercise. This year set about walking in your neighborhood, at a mall, on a treadmill, or if you need more and can do more, lift some weights. Look on the Internet for a stretching program that would suit you, join the YMCA, on and on. I would recommend skiing but that can lead to trouble, but as Norwegians by blood we can't turn our backs on such a vigorous way to stay healthy. The bottom line: **DO SOMETHING!**

MINUTES

January 12, 2016 Social Meeting, Restauration Lodge 1-549, Sons of Norway
Our Savior's Lutheran Church

- Convened at 6:14 PM by President Barbara Erickson.
- Acknowledged lutefisk cooks: Verl Lekwa, Wilmer Mickelson, Zach Williamson
- Attendance was 64, including 6 guests
- Singing of table prayer accompanied by Sharon Kay Stang on piano.
- Dinner of Lutefisk and Lefsa
- Business meeting convened at 7:24 PM by President Barbara Erickson.
- Lutefisk cooks and all food providers thanked.
- Anna Marie Klein showed a cap she made for cats or dogs
- Pledge of Allegiance
- Singing of "America" and "Ja Vi Elsker" accompanied by Sharon Kay Stang on piano.
- Treasurer's Report: Ding Sather – Checking \$1961.38 Savings \$5725.00
- Secretary's Report: Minutes as printed in Newsletter accepted. Noted that Dale Hovden will present his great grandfather's experiences in the Civil War (not his grandfather's) in his talk on Jan. 12.
- Membership Secretary's Report: Alan Erickson – 133 members
- Social Secretaries' Report: Lois Shindoll and Barbara Taylor
 - Mary and Bill Durspek and another couple will serve as hosts next month.
 - 5 calendars and a few T shirts still available.
- Cultural Secretaries' Report: Beverly Robeck and Dale Fitzgibbons
 - Next month, Jon Tehven, the International Director from Cedar Falls will be here.
- Sunshine Report: Cheryl Zapf –
 - Thank you cards sent to Cindy Charlson Monroe for supplying pea soups and to Anna Marie Klein for supplying rye bread for December meeting.
 - Noted that Alan Erickson retired from Rockwell on Dec. 19 and that Tom Olson had retired from Rockwell on Sept. 18
- Sports and Recreation: Verl Lekwa – Time to get moving, do it!
- No Book Club until after convention
- Hardanger resumes on Thursdays at 10 AM at Cindy Charlson Monroe's home, led by Mette Kelly.
- What's New in Norway – Tom Naesse
 - Hard winter, lots of snow.
 - Low oil prices are hurting economy.
- Norwegian Class will meet on January 21, 28, Feb. 18.

- **Election of officers:** The slate of: Cindy Charlson Monroe for Vice President; Harold Williamson for Secretary; Lois Shindoll for Social Secretary; and Beverly Robeck for Cultural Secretary was approved.
 - **Convention Report:** Cindy Charlson Monroe
 - Noted that Arden Shindoll had cut the slabs for the center pieces on tables. These will be used for Thursday night dinner at convention. The small trunks will be used as center pieces on Friday night.
 - Brytta Fitzgibbons given a T shirt for her help on projects for the convention.
 - **Announcements:**
 - People who painted Hearts, are asked to return them
 - Carolyn Rushton reported that there will be a Hallingdal trip to Norway. It is a land package only. July 25 to Aug. 7. Begins in Bergen includes several days in Hallingdal and ends in Olso.
 - Jason Gambach noted that the St. Olav Choir from Northfield will perform at St. Patrick's Church in Iowa City, on Feb. 13, Saturday at 7:30 PM. Ticket information is available at 800-363-5487 or www.stolaf.edu (Search: St. Olaf Choir Schedule)
 - Sara Knutson has two Norwegian sweaters for sale
 - Lois Shindoll indicated that she is looking for the library book on bunads.
 - Board meeting will be next Monday, Jan. 18, 7 PM, at Cindy Charlson Monroe's house.
 - **Singing of "Lutefisk, O Lutefisk"** accompanied by Sharon Kay Stang on piano.
 - **Program – Dale Fitzgibbons** introduced Dale Hovden who presented a program on his great grandfather's experiences in the Civil War.
- Mary Jane Barlow also gave a presentation on her family.



Trip, anyone? Must be July in Sogn!!



Thea O'Grady showing the Theme of the January Potluck



**Beautiful Kransikaka at the desert table -
- A creation of Lois Shindoll and topped off with a red Nisse**



**Excellent Lutefisk ready to eat.
But, meatballs are good too!**



**Our Lutefisk cooks Zach Williamson,
Verl Lekwa, Dale Hovden and Will
Mickelson**

Elected Officers:

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

Membership Secretary –
Alan Erickson 377-1707

Cultural Directors –
Beverly Robeck 319-512-0331
Dale Fitzgibbons 365-7704
Social Directors --Barbara Taylor 393-0844
Lois Shindoll 377-2890

Sons of Norway representatives:

Eldon Neighbor 319-350-9101
Jacob Scroggin 319-842-2340

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 Pesident- Cindy Monroe 363-7420
Librarian- Lois Shindoll 377-2890
Musician-Sharon Kay Stang 351-5133
Newsletter Editors-Mary/Bill Durspek 377-4480
Scholarship- Cindy Monroe 363-7420
Sports/Recreation/Youth-Verl Lekwa 728-2847
Sunshine-Cheryl Zapf 363-5326
Publicity-

Lodge web site: www.sofn-cedarrapids.org

Web master: Robert Thorkildson 721-9902