

Restauration Lodge #1-548



February 2018 www.sofn-cedarrapids.org

Our next meeting will be Tuesday, February 13, 2018 at 7:00 PM at Our Savior's Lutheran Church in Cedar Rapids

PROGRAM The program for this month is "Trolls" by Kris Rowley..

HOSTS

February, 2018 - Cindy Monroe and Verl Lekwa
March, 2018 --Bill and Mary Durspek, Larsons
April, 2018 --Cheryl Zaph, Barbara Erickson

FRA PRESIDENT

That was a great dinner and program in January which was well attended. We are so pleased so many of you brought guests. I'm really looking forward to Kris Rowley's presentation on "Trolls" at the February 13 meeting. Only a few of you may have seen this at the District 1 Convention in 2016. Kris is the daughter of Ardie and the late Gerry Erickson. With the days getting longer, you can all work on your sports and cultural medals - report your activity to Verl Lekwa.
Barbara Erickson

LEKEPLASS

Our Lekeplass is on hold until new ideas arise. Any ideas for future Lekeplass sessions would be welcomed. Contact any board member if you have a good idea.

PROGRAMS

February, 2018 - "Trolls" by Kris Rowley

NAME TAGS

If you want the magnet-backed version of nametags, they are \$8.25 and are ordered by Lois Shindoll. See her at the meetings or call her at 377-2890.

CALENDARS AND T-SHIRTS

Lois Shindoll has sold all 2018 calendars but has a few T-shirts remaining. See her at the March meeting. Cost for the T-shirts is \$12.

SCANDINAVIAN KNITTING

All who are interested in knitting are invited to the Scandinavian Knitters which meet Mondays 9:30 - noon at Thea O'Grady's home 5870 Stags Leap Lane, Marion, IA 52302 tel 319-536-4979

LANGUAGE CLASS

Language class is every Wednesday at 6PM at Tom Næsse's home.

BOOK CLUB

Book Club Wednesday, 21 February, 2018, Gesme's apartment at Cottage Grove Place, 1:00 pm. Marilyn Olson will furnish refreshments and lead the discussion of Magnus Chase and the Hammer of Thor by Rick Riordan. Please let Ann know if you are planning to come at 319-362-6910 or e-mail her at augdhg@gmail.com.

RECIPE

Rømmegrøt Bars (Courtesy Martha Ellingson)

- Two packages of crescent roll pastry sheets
- 2-8oz packages cream cheese, softened
- 1-1/3 cup sugar (divided use)
- 1-egg separated
- 1 tsp. vanilla
- 1/2 tsp. cinnamon

Directions:

Preheat oven to 350 degrees. Grease 9x13" baking pan. Press one package of crescent rolls in bottom of greased pan. Mix two packages cream cheese, 1 cup sugar, 1 egg yolk and 1 tsp vanilla. Spread mixture over crescent rolls, then cover this mixture with remaining package of crescent rolls. Beat egg white until foamy and baste over top layer of crescent rolls. Mix together 1/3 cup sugar and 1/2 tsp. cinnamon. Sprinkle over the top crescent roll layer. Bake for 25-30 minutes or until golden brown. Cool, cut and enjoy!

FEBRUARY BIRTHDAYS:

Name	Birth Day	Name	Birth Day
Oliine B Stigers	1	Hubert A Ellingson	7
Terry D Brende	2	Cara R Snobl	8
Lorie C Meyer	2	Vivian I Schweinfurth	18
Candy L Roberg	3	Ronald C Larson	22
Dean Slyter	4	Merrill Ludvigson	23

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/>

EXERCISE

Without ruining your routine, remember to eat moderately, especially sweets. Then in this new year get down to really toning up, taking off a few pounds, and feeling great when spring rolls around. And along the way, earn some Sons of Norway sports medals. Veri Lekwa

SONS OF NORWAY MISSION STATEMENT

FYI A review of the Sons of Norway mission statement::

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

INSURANCE

For insurance and other financial matters, consult Sons of Norway Headquarters, lcarslson@sofn.com or call (800) 945-8851

NEWS FROM NORWAY

Discoveries from 1,400-year-old Norwegian ice surprise scientists

A team of archaeologists who have spent the last decade researching glaciers in Norway have delivered a string of fascinating insights into the Scandinavian country's distant past. Archaeological discoveries from a period known as Fimbulvinter - The Terrible Winter - have helped reveal how people in Norway survived these tough years, writes ScienceNordic. A fierce cold period struck the Northern Hemisphere in the years from 536 AD to the 660s AD with no real summers. It became known as the Fimbulvinter - The Terrible Winter - and worked its way into Norse folklore.

Ten years ago archaeologists started systematically collecting artefacts that were turning up under Norwegian mountain glacial ice and perennial snow fields that have been frozen for as long as thousands of years. They have been surprised by the finds.

Archaeologist Lars Pilø, a glacial expert in Oppland County, has been involved in this new field of work in Norway from the start. Since 2007, he and his colleagues have conducted field work in the county's glacial areas every summer and collected objects that Norwegians' ancestors have lost or left behind, now turning up in and near the retreating fields of ancient snow and ice.

An ancient trail crossed the mountains at Lendbreen, one of the glaciers where Lars Pilø and colleagues have conducted fieldwork. This was a route between Sognafjord on the West Coast and Eastern Norway. They were surprised by what they discovered from layers of snow and ice formed in period of climate change from 536 to about 660 AD, as extensive cold period known as the Late Antique Little Ice Age

People travelled between Skjåk and Bøverdalen, with livestock and to summer mountain farms, or simply to get from one place to another. The scientists have found in the area mittens and skis, a horse skull and hiking staffs from the Viking Age.

Over 2,000 artefacts, many used in hunting, have been found in Oppland County alone, including arrows, bows, clothes, horse equipment and horse dung.



An archaeologist holds up an arrow, circa 1,400 years old, which was lost in a reindeer hunt in the mountains of Norway's Oppland County.

TWO NORWEGIANS

Two Norwegians are driving at night. The driver starts to worry something is wrong with his blinkers so he pulls over and asks the other Norwegian to get out and check them. "Hey," the guys yells from the front of the car, "It works... Wait it doesn't work... No now it works... Wait it doesn't work... No wait, now it works... Oh sorry, it doesn't work..."

MINUTES

Restauration Lodge 1-548 Sons of Norway Social Meeting Restauration Lodge 1-548 Sons of Norway Social Meeting January 9, 2018

Minutes are not available as of press time.



Thea O'Grady presenting her program on Viking Wool



Lutefisk preparers at the Jan meeting--Will Mickelson, Barbara Erickson, Verl Lekwa -- baked version this time



New officers for 2018, Membership Secretary-- Alan Erickson; Co-Social Director--Sue Speicher ; Secretary-- Cindy Monroe; Vice President- Lois Shindoll ; President-- Barbara Erickson.



Attendees in the que for all the goodies at the January Lutefisk potluck dinner

Elected Officers:

President – Barbara Erickson	377-1707
Vice President – Lois Shindoll	377-2890
Secretary – Cindy Monroe	363-7420
Treasurer – Arden Shindoll	377 2890
Membership Secretary Alan Erickson	377-1707
Cultural Director – Marilyn Olson	393-5531
Social Directors --Barbara Taylor	393-0844
Sue Speicher	364-8607

SON Financial Benefits Counselor

Sons of Norway Headquarters
lcarlson@sofn.com
(800) 945-8851

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
Language Facilitator Tom Næsse	841-2311

Past President- Cindy Monroe	363-7420
Librarian- Lois Shindoll	377-2890
Musician-Sharon Kay Stang	351-5133
Newsletter Editors-Mary/Bill Durspek	377-4480
Scholarships- Cindy Monroe	363-7420
Sports/Recreation/Youth- Verl Lekwa	319 728-2847
Sunshine- Cheryl Zapf	363-5326