

Restauration Lodge #1-548



Jan 2019 www.sofn-cedarrapids.org

**Our next meeting will be Tuesday, January 8, 2019 at 6:00 pm
at Our Savior's Lutheran Church in Cedar Rapids**

We are having a potluck supper with Lutefisk at the meeting. Members are asked to bring side dishes and desserts. Board members are asked to help set up before the meeting starting at 5 PM.

PROGRAM The program for this month is on *Magnus Carlson - Being Smart is Sexy* by Mette Gro Kelley.

FRA PRESIDENT

Godt Nytt Ar! In 2019 we will vote on new board officers for the following: President (Barbara Erickson, nominated, incumbent), Treasurer (Arden Shindoll nominated, incumbent), Co-Cultural Director (Mette Kelley, nominated. Serving with continuing co-director Marilyn Olson), Co-Social Director (Barb Taylor, nominated, incumbent. Serving with continuing co-director Sue Speicher). Nominations will also be taken from the floor - we encourage new officers!

We encourage members to bring favorite Scandinavian foods to our upcoming January 8 potluck dinner (starting at 6:00 pm). Examples are herring, meatballs, sandbakkels, krumkake, rommegrat, rosettes, rutabagas, fruit soup, lefse, etc. Lutefisk will be provided. This is a great time to personally invite someone you may know who is interested in Scandinavian culture and bring them to our meeting.

Mette Kelley will have a great program on Magnus Carlsen. Keep warm! It's a great time to wear and show off your Norwegian sweaters.

Barbara

LEKEPLASS

Nothing scheduled this month.

PROGRAMS

Jan 2019: *Magnus Carlson* by Mette Gro Kelley

Feb 2019: *Chip Carving* by Ann and Bob Ristow

Mar 2019: *The Hygge Life* by Marilyn Olson

April 2019: *A Trip to Norway* by Lois Shindoll

May 2019: *Time Boxes* by Lisa Morris and Lori Bobenhouse

CALENDARS

The new 2019 calendars may be purchased from Vice President Lois Shindoll or call her at 377-2890. We are offering them at a bargain price of only \$10 at the meetings

NAME TAGS

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

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 cancelled this month.

BOOK CLUB

Book Club for January is on Wednesday, January 16 at 1:00 PM, at Gesme's apartment 3303 at Cottage Grove Place. Thea O'Grady will lead a discussion of *The Wild Duck* drama by Henrik Ibsen and provide refreshments. If you will be attending, call Ann at 319-362-6910 or, e-mail her at augdhg@gmail.com

JANUARY BIRTHDAYS:

Name	Birth Day	Name	Birth Day
M Jean Murray	3	Catherine R Fejfar	21
Signe Hovet	4	Susan R Speicher	21
M David Solberg	4	David E Christ	24
Carol Ann Kurth	6	Dianne F Garber	24
Marvin Robeck	13	Nancy L Hansen	24
David A Aanonson	17	Frank D Klemetson	25
Lois M Shindoll	17	Alan V Stang	28
Larry D Knutson	18		

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

Athletic teams use cheers to get them energized. If you need one to give your SON exercise program a boost, try using this cheer which was used at Dows, Iowa, High School, where my father was schooled, many years ago: "Lutefisk, lutefisk, hva skal de ha? Tyttebær og gammel øst, ja, ja, ja!" (Excuse the spelling: Lutefisk, lutefisk, what do you want? Tyttebær and aged cheese, yes, yes, yes.) Verl Lekwa, Sports Director

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

A new insurance representative is now on board, Scott Johannsen of Davenport.

He has been in the business for some 20 years. he has a mail address at sjohannsen@riverlandinsurancegroup.com and Tel 563-343-5167.

NEWS FROM NORWAY



New Norwegian price record for petrol. After the new tax rules come into effect on New Years Day, the petrol price will reach its highest level ever. Prices are affected by the increase in tax by 34 øre for gasoline and 55 øre for diesel as of Sunday. Finance Minister Siv Jensen writes in an email to the newspaper that motorists overall are better off with Frp in the government because of the “vehicle package” (the total taxation for motorists). – Frp has always been and will continue to be the party for motorists. While the majority of the other parties wanted to increase fees for motorists, we have stood our ground to defend the government’s so-called “vehicle package”.

Landslide hazard for Central Norway



There is increased landslide hazard in Trøndelag and Møre & Romsdal as a result of large amounts of precipitation on Christmas Eve and Christmas Day. It is expected 40 millimetres of snowfall in Trøndelag and 60 to 80 mm in Møre & Romsdal, Norway’s Water Resources and Energy Directorate (NVE) notifies. When rising temperatures will cause snow melting, it is sufficient for the NVE to issue a yellow hazard warning for Monday and Tuesday. – Some landslides are expected. Exposed railway and road sections can be closed, reports the directorate, imploring people to stay clear of steep slopes.

Copper pollution from fish farms threatens fjords in Hordaland

The County Governor of Hordaland warns of unacceptable contamination of copper from fish farms in several fjords in the county. The County Governor is worried about the development in several fjords in Hordaland after discovering a definitive connection between the number of fish farms and how much copper pollution there is, writes Bergens Tidende. The concern is biggest for Radfjorden. The entire nine kilometre long fjord from the eastern side of Holsnøy in Meland municipality to the west side of Radøy is likely to get labeled with “bad environmental condition”.

The aquaculture industry uses copper as an anticorrosive agent on the nets of the fish farms. Cleaning the nets is often done by high pressure flushing, which in turn leads to discharge and accumulation of copper below the cages.

MINUTES

Not Available at press time.





Our member Thea O'Grady lecturing on *The Great Norwegian Porridge debate* at the December meeting.



Members Jim and Kathleen Almelién showing off their wooden 1900's style rømmegrøt pot.. Kathleen is wearing a Telemark bunad.



Member Sandra VanAmburg admiring more of the dessert table guarded by several Nisse.



Dessert table at the December meeting. guarded by some Nisse



<---Picture to the left - a Christmas nisse is sharing his rømmegrøt with some barn cats

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 Directors –	
Marilyn Olson	393-5531
Mette Kelley	319-895-8993
Social Directors --Barbara Taylor	393-0844
Sue Speicher	364-8607

SON Financial Benefits Counselor

Scott Johannsen
sjohannsen@riverlandinsurancegroup.com
(563) 343-5157

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
Publicity Director	
Thea O'Grady	(319)- 536-4979
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