

Restauration Lodge #1-548



Feb 2019 www.sofn-cedarrapids.org

**Our next meeting will be Tuesday, February 12, 2019 at 7:00 pm
at Our Savior's Lutheran Church in Cedar Rapids**

PROGRAM The program for this month is *Chip Carving* by Ann and Bob Ristow.

Hostesses are Thea O'Grady and Lisa Kenyon.

FRA PRESIDENT

Not available at press time.

LEKEPLASS

Nothing scheduled this month.

PROGRAMS

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: *Tine Boxes* by Lisa Morris and Lori Bobenhouse

NAME TAGS & CALENDARS

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. Calendars are all sold out.

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 Febuary is on Wednesday, Febuary 20 at 1:00 PM, at Gesme's apartment 3303 at Cottage Grove Place. Ann will provide refreshments and lead a discussion of *Sexual Customs in Rural Norway* by Eilert Sundt and edited by Odin Anderson.

If you will be attending, call Ann at 319-362-6910 or, e-mail her at augdhg@gmail.com

FEBRUARY BIRTHDAYS:

Name	Birth Day	Name	Birth Day
Oliine B Stigers	1	Hubert A Ellingson	7
Thomas Wayne Thoreson	1	Vivian I Schweinfurth	18
Candy L Roberg	3	Ronald C Larson	22
Ann E Larson	4	Merrill Ludvigson	23
Dean Slyter	4		

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/>

RECIPE

Nordic Stone Age Bread

Made by Kathleen Almelién for the January potluck supper - contains no flour.

1 cup raw sunflower seeds	¼ cup poppy seeds
1 cup raw sesame seeds or hemp seeds	1 cup raw almonds
1 cup raw hazelnuts or walnuts	1 cup flax seeds
1 cup raw pumpkin seeds	1/3 cup olive or nut oil or coconut oil
5 eggs (or 10 egg whites)	1 ½ tsps. salt

Preheat oven to 325 degrees. Lightly beat the eggs, oil and salt in a big bowl. (Kathleen used coconut oil.) Add the remaining ingredients and stir well. Press the batter into an oiled or parchment paper lined loaf pan. Bake in the middle of your oven for an hour or until it is firm and sounds hollow when thumped on the bottom. Wait until the bread is completely cool to slice.

Options: You can also add ½ cup dried cherries or ½ cup dried blueberries. Also, you can add a pinch of cardamom or cinnamon. Kathleen added the dried blueberries to her bread. Other versions of this recipe are available on the internet.

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

A new initiative will use green energy to power ships in Norway. Norwegian company Hurtigruten plans to convert at least six of its cruise liners to use biogas made from fish waste by 2021. Converting the ships to use this fossil-free fuel will reduce greenhouse gas



emissions and help efforts to eliminate pollutants.

The reason for using fish waste is due to Norway's high number of fishery sectors and access to high volumes of organic waste, placing Norway in a great position for the biogas market. The ships will also use large battery packs capable of storing energy produced from renewable sources.

In addition to using biogas,

Hurtigruten will be banning single-use plastics to create environmental sustainability. Hurtigruten's numerous efforts will help decrease the ships' negative impact on the environment and will be a solid step toward environmental preservation.

MINUTES

Not Available at press time.



Our member Mette Kelley lecturing on Magnus Carlsen at the January meeting.



Members Sandra VanAmburg and Cheryl Zapf in the queue for Lutefisk, and Lutefisk Cook Verl Lekwa resting in back at the January potluck.



Typical plate-full including butter-laden Lutefisk, and Herring at the potluck



Newly sworn officers are Arden Shindoll, Treasurer, Mette Kelley, Co-Culture Director Barbara Taylor, Co-Social Director and Barbara Erickson, President.

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