

Restauration Lodge #1-548



March 2019 www.sofn-cedarrapids.org

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

PROGRAM The program for this month is *Living the Hygge Life* by Marilyn Olson.

Hostesses at the meeting are Thea O'Grady and Lisa Kenyon.

FRA PRESIDENT

We don't see Northern Lights in Iowa, but the days are getting longer! Due to February's bad weather, the social meeting, board meeting, and book club were cancelled. February's scheduled program, Chip Carving by Ann and Bob Ristow is rescheduled for April. Be sure to hear Marilyn Olson's program in March on *Hygge Life*. Our lodge is planning outreach activities in March to include a cultural event at the Cedar Rapids Library Saturday March 9, and the St. Patrick's Day parade Sunday March 17. Hope to see you at the social meeting - and bring a friend. Barbara

LEKEPLASS

Nothing scheduled this month.

PROGRAMS

Mar 2019: *Living the Hygge Life* by Marilyn Olson

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

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

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

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 March is on Wednesday, March 20 at 1:00 pm at Ann 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 (How can you possibly not want to be there for that discussion?). We will also be discussing *Spring Night* by Tarjei Vesaas led by Lois Shindoll. If you are attending, call Ann at 319-362-6910 or e-mail her at augdhg@gmail.com

Future books include *The Folk Arts of Norway* (April 17), *Cultural and Customs of Norway* (May 15), *The Wizard and the Prophet* (July 17 – about Norman Bourlag), and *Cod: A Biography of the Fish that Changed the World* (August 21). We are always looking for suggestions for next year's list and welcome your help.

If you have any interest in joining our book group, please do so. You are not committed for the whole year and may be interested in only a few of the books selected. But let Ann know you are coming.

RESTAURATION LODGE SCHOLARSHIPS

We are very pleased to offer *scholarships* to grandchildren, children and members of our lodge who further their knowledge of Norwegian culture and language through tuition assistance currently at \$150/week.

- *Skogfjorden*, a Norwegian immersion camp, is part of the Concordia Language Villages and located in Bemidji, Minnesota. It has sleepaway camps for ages 7 through grade 12. The cost is \$1,080 per week. Please visit their website for more information. They also offer day camps, but their website had not posted registration information at this time.

- In addition, we support tuition to *Masse Moro Norwegian Heritage Youth Camp*. This camp meets July 14-27 in Fall Creek, Wisconsin. The cost is \$800. Please go to their website for more information.

- We have also supported members traveling to Norway for study opportunities.

If interested in applying, send the name, age and address of the attendee, name of the camp, and a paragraph about why it is important to your family to attend to cmonroe1947@gmail.com. Please be sure to visit the Sons of Norway website for additional scholarship opportunities.

VESTERHEIM TEXTILE TOUR

This summer eight members of our lodge are joining the Vesterheim Norwegian-American Museum on a twelve day textile tour. They will visit Copenhagen, Greve, Koge, Lejre, Glasbjerg, Kolding, Skals, Kristiansand, Mandal, Flekkefjord, Moi, Sogndalstrand, Stavanger, Ytre Anra, Bergen, and Lonevag. The tour leaders are Laurann Gilberson (Textile Curator at Vesterheim) and Ingeborg Monsen (textile instructor and president of Bergen Husfidslag).

Like many tours with an academic bent, there is a recommended reading list. It includes: *The Woven Coverlets* (Larson), *The Warp-Weighted Loom* (Hakonardottir), *Norwegian Pick-up Bandweaving* (Torgenrud), *Poetry in Stitches: Clothes You Can Knit* (Hisdal), *Invisible Threads in Knitting* (Sundbo), *Everyday Knitting: Treasures from a Ragpile* (Sundbo), *Populaere Bundader* (Duran), *Norwegian Bunads* (Skavhaug), *Between Rocks and Hard Places* (Gesme), *The Promise of America* (Lovoll), *The Bog People* (Glob), *Scandinavian Home* (Wilhide), *The Almost Nearly Perfect People* (Booth).

You may want to keep an eye on our Facebook page from June 17-29!

THE NORWEGIAN AMERICAN WEEKLY

Thank you to Bev and Marvin Robeck who introduced many of us to a weekly newspaper formerly called the Norwegian American Weekly, Western Viking and Nordisk Tidende. It contains Norway and Norwegian-American information. Articles are written in English and/or Norwegian, allowing you to practice your Norwegian reading skills! The recent issue had articles from a promising anti-cancer agent found in Svarthammarhola Ice Cave to a marked increase in the sale of potato chips in Norway. In line with the recent Swedish book, *The Gentle Art of Death Cleaning* by Margareta Magnusson, you will find back issues available to borrow at our meetings.

MARCH BIRTHDAYS:

Name	Birth Day	Name	Birth Day
Gerard Rushton	3	Travis Cleveland	25
Robert J Erlandson	5	Eldon Neighbor	26
Kerith L St.Louis	6	Susan Johansen	27
Mary M Durspek	11	Ingrid Næsse	23
Karl M 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/>

RECIPE WILD RICE SALAD Serves 4

¾ Cup wild rice

1 Large celery stalk, chopped

½ Tsp salt, plus more to taste

¼ Cup fresh orange juice

1-2 Oranges, peeled, sectioned and chopped.

As you section and chop the orange, hold it over a bowl to capture the juice

1 Tbsp Walnut or canola oil

3 Cups water

⅓ Cup dried cranberries

Ground pepper to taste

½ Cup chopped Walnuts

¼ Cup pomegranate seeds (optional)

Procedure

Using a large saucepan over medium-high heat, combine your water, rice and 1/2 Tsp. salt. When this comes to a boil reduce the heat to medium-low, cover and simmer for approximately 40 minutes or until your rice is tender. Drain your rice and set aside in a bowl.

Making the Salad

When your rice has cooled slightly add your walnuts, oranges, celery, cranberries and orange juice.

Add in the oil and stir gently. Season to taste with salt and pepper.

Place the salad in a serving bowl, garnish with the pomegranate seeds(optional) and serve. This recipe makes enough salad to serve four.

EXERCISE

Get out and shovel and chip, but watch out for the back!!

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

Angry Norway says Russia jamming GPS signals again.

Norway's foreign intelligence unit on Monday expressed renewed concerns that it's GPS signals in the country's Far North were being jammed, as Oslo again blamed Russia for the "unacceptable" acts.



Norway launches operation to salvage a sunken frigate. Three months after a 5,000-ton warship sank, Norwegian officials began an operation to haul the vessel from the bottom of the sea on Tuesday.

The KNM Helge Ingstad frigate was almost totally submerged in a fjord near the western city of Bergen after it collided with an oil tanker in November. Investigators said the frigate's crew appeared to have

confused the Maltese tanker with land. Authorities deployed four cranes and two barges to salvage the ship, and favorable weather conditions allowed the operation to go ahead.

MINUTES

Not Available at press time.



Picture of flour-less bread (Stenaldersbrød) from January [recipe in Feb. newsletter]



Flatbread at the January potluck-great rosemaled bowl !!



See-we were all listening intently to the Program at the January meeting!



More folks at the January meeting --are you spotted in this one?

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