

Restauration Lodge #1-548



May 2019 www.sofn-cedarrapids.org

**Our next meeting will be Tuesday, May 14, 2019 at 6:00 pm
at Our Savior's Lutheran Church in Cedar Rapids**

The meeting this month will be our annual Syttende Mai celebration with a traditional meal complete with open faced sandwiches, salads, and desserts. We ask that you bring your favorite desserts and wear festive clothing for the occasion, if available. Board members are to help set up.

PROGRAM The program for this month is *Tine Boxes* by Lisa Morris and Lori Bobenhouse

FRA PRESIDENT

May is a very special month for Norway as the Norwegian Constitution was signed May 17, 1814. For 400 years Norway was under the rule of Denmark. Following the Napoleonic Wars, Denmark was forced to cede Norway to Sweden. In April 1814, 112 men assembled



to create and ratify a constitution based on the American and French models. On May 17, the Constitution of Norway declared Norway to be an independent nation. See the May issue of the Viking for more details.

On May 14, 6 pm, Restauration Lodge will celebrate with a traditional meal complete with open faced sandwiches, salads and desserts (see photo). We ask that you bring your favorite desserts along with your favorite Scandinavian family members and friends. Tickets must be reserved in advance (pay at the door). Adults \$10, 8 yr to 18 yr \$8, under 8 free.

Call Lois Shindoll 319-377-2890.

We also need helpers to help with preparation - notify Marilyn Olson 319-393-5531 and show up at 3:30
Barbara

LEKEPLASS

Nothing scheduled this month.

PROGRAMS

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.

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 May is cancelled. Book Club for June is Wednesday, June 18 at 1pm at Ann Gesme's apartment, 3303 Cottage Grove Place. The book, *Culture and Customs of Norway* by Margaret Hayford O'Leary will be led by Carolyn Ruston.

MAY BIRTHDAYS:

Name	Birth Day	Name	Birth Day
Ardith B Erickson	1	Waldemar S Sundet	19
Anna M Klein	2	David L Tesdahl	20
Miles Hsiao-ling Pei	5	David W Tesdahl	20
John L Hanson	8	Carolyn A Rushton	21
Wendy L Christian	11	Cheryl L Zapf	28

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 Gilbertson (Textile Curator at Vesterheim) and Ingeborg Monsen (textile instructor and president of Bergen Husfidslag). See the March Newsletter for more informatiion

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

THE NORWEGIAN AMERICAN WEEKLY

Don't forget to pick up a copy of the Weekly to practice your Norwegian reading skills! You will find back issues available to borrow at our meetings.

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

Walking time now, hit the road or circle the gym !!

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 Mysterious Fortress on the Oslo Fjord



A woman named Mantelgeisten appears out of the darkness in a long robe. Prison chains rattle. Screams of horror and torture linger from the dungeons. Known to be the most haunted castle in Norway, Akershus Fortress attracts more than three million visitors every year, some hoping to experience the mysterious sensations.

Built in the late 1290s by King Haakon V as a defensive stronghold for the city of Oslo, Akershus Fortress has undergone several transitions through the centuries. It was once used as a prison

for Norway's most infamous criminals and during World War II, Nazis occupied the castle and conducted executions there. There have been reports of ghostly guards standing near their posts and then disappearing

Though the fortress has a reputation for eerie activities, today it is a popular recreational and cultural center and serves as Norway's most important medieval monument. Stretching more than 14 football fields long, many come to view the beautiful décor, staterooms and banquet halls, and indulge in royal history.

RECIPE NORSK VAFLER



Ingredients

6 large eggs

1 teaspoon vanilla extract

1 teaspoon baking powder

1 cup sour cream

1/2 cup sugar

1- 1/2 cups all-purpose flour

1/8 teaspoon salt

1/2 cup melted butter

Recipe

In a large mixing bowl, use a hand mixer to beat together eggs, sugar and vanilla extract until creamy. Mix in flour, baking powder and salt until just combined.

Add in sour cream and melted butter and mix until the batter is smooth. Let it rest for 20 minutes before making the waffles.

Heat a heart-shaped waffle iron and spray it with nonstick cooking spray or brush with melted butter. Pour 1/4 cup of the batter onto the waffle iron, close, and cook until light brown. Serve with butter and brown cheese, or whipped cream topped with jam.



Chip carvers Ann and Bob Ristow and their array of crafted items at the April meeting



Lidded box and plate and other items by the Ristow's showing their chip carving artistry



Lidded box showing internal tray by the Ristow's



More complex design on a chip carved plaque



Beautiful chip carved Plate



More of the chip carved items

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