

Sept 2019
Our website has
Lodge Photos!

www.sofn-
cedarrapids.org



See FaceBook Page
District 1 Norwegian
Culture and Heritage



Language Class at
Tom's home

Wednesdays at 6
No Quizzes Ever!



RESTAURATION
LODGE 1-548

**NEXT MEETING — Tuesday, September 10 , 2019 at 7:00 pm at
Our Savior's Lutheran Church in Cedar Rapids.**



I hope you had a great summer and look forward to hear about your adventures. You may have noticed our newsletter's new look. We thank Thea O'Grady for volunteering to publish our newsletter. Tusen takk to Bill and Mary Durspek for many years of great publishing. The cultural directors have a great lineup of programs so be sure to attend upcoming meetings. A new list of books for is available as we read Norman Borlaug and William Vogt in September. [See Page 3] I'm excited to hear more about the ship Restauration in September. See you then!

Programs:

September: Voyage on the Restauration by Kathleen Almelien.
October: Highlights from a Textile Tour of Denmark and Norway
November: Video—The Black Death in Scandinavia

Refreshments:

Sept: Ron and Ann Larson and Mary and Bill Durspek.
Oct: Cindy Monroe and Verl Lekwa
Nov: Cindy Monroe and Thea O'Grady



Events

Nothing on the radar.

OUR ACTIVITIES

Exercise

Friluftsliv – /free-loofts-liv/ noun.

Fitness rewards that fit your lifestyle.

The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (*outdoor life and recreation*)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference.

Sykkelmerke – Biking (*sick-el-merk-eh*)

The sykkelmerke is the Sports Medal Program's bicycling pin. If you cycle indoors or outdoors for recreation, transportation or competition, use that effort over the year to earn a pin.



Chat with Verl for more details.



BOOK CLUB,
Wednesday, Sept 18 at
1pm at Ann Gesme's
apartment, 3303
Cottage Grove Place.
*The Wizard and the
Prophet* (first half) by
Charles C. Mann



**SKANDINAVIAN
KNITTERS**

Interested in knitting?
You are invited to meet
Mondays 9:30 - 12 at Thea
O'Grady's home.

Phone or text
319-536-4979



Book Club Books for 2019-2020 Sons of Norway

- Sep. 18, 2019 Cindy Monroe
The wizard and the Prophet (first half) by Charleys C. Mann*
- Oct. 16, 2019 Cindy Monroe
The wizard and the Prophet (last half) by Charles C. Mann*
- Nov. 20, 2019 Mary D
The Ice Palace by Tarjey Vesaas*
- Jan. 15, 2019 Marilyn O
Macbeth by Jo Nesbo*
- Feb. 19, 2020 Thea O
The Rescue Artist by Edward Dolnick*
- Mar. 18, 2020 Barbara E
Traditional Scandinavian Knitting by Sheila McGregor*
- Apr. 15, 2020 Lois S
Norwegian by Day by Derek Miller.*
- May 20, 2020 Cindy M
The Blue Fox by Sjon*
- June 17, 2020 Carolyn R
Hedda Gabler by Ibsen*
- July 15, 2020 Thea O
The bog people: Iron Age man preserved by P.V. Glob*
- Aug. 19, 2020 Ann G
Two Homelands by Odd S. Lovell*
- Sep. 16, 2020
One of Us by Asne Seierstad*

FOR THE KIDS AND FOR THE KID IN ALL OF US!

KNOW YOUR COLORS

Learn to say your favorite color in Norwegian.



WORD SCRAMBLE

Unscramble the words of animals that live in Norway.

1. ednreier _____
2. arpol reab _____
3. salwur _____
4. ealwh _____
5. fipfnu _____

Answers: 1. Rendeer, 2. Polar Bear, 3. Walrus, 4. Whale, 5. Puffin

Elected Officers:

👑 **President – Barbara Erickson 319-377-1707**

Vice President – Lois Shindoll 319-377-2890

Secretary – Cindy Monroe 319-363-7420

📄 **Treasurer – Arden Shindoll 319-377-2890**

**Membership Secretary— Alan Erickson
319-377- 1707**

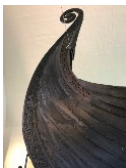
**Cultural Directors – Marilyn Olson 319-393-5531
Mette Kelley 319-895-8993**

👥 **Social Directors – Barb Taylor 319-393-0844
Sue Speicher 319-364-8607**

SON Financial Benefits Counselor Scott Johannsen

sjoahannsen@riverlandinsurancegroup.com

(563) 343-5157



**Web master: Bob Thorkildson
319-721-9902**

Appointed Officers:

Auditors:

Verl Lekwa 536-738-2847

Ruth Christ 536-351-7717

Bob Thorkildson 319-721-9902

Language Facilitator

Tom Nasse 319-841-2311

Past President

Cindy Monroe 319-363-7420

Librarian—Lois Shindoll 319-377-2890

🎵 **Musician—Sharon Kay Stang 319-351-5133**

Publicity Director } Thea 319-536-4979

Newsletter Editor } O’Grady

Scholarships

Cindy Monroe 319-363-7420

Sports/Recreation/Youth

Verl Lekwa 536-728-2847

☀️ **Sunshine- Cheryl Zapf 319-363-5326**

Viking Magazine Archive

Viking magazine, Sons of Norway's award-winning, monthly publication is one of our members' favorite benefits.

Archives are found at <https://preview.tinyurl.com/y2judofz>



Hoover's Hometown Days August 3-4, 2019

Thanks to Dave, Verl,
Mette, Brytta and Judy
for making our booth so
fantastic!