

July 2020

Here's Our Website



See FaceBook Page
District 1 Norwegian



RESTAURATION
LODGE 1-548

Due to the pandemic, July's in-person meeting is cancelled.



Fra Presidenten: As we are using Zoom to stay in touch with one another, there are new opportunities for on-line learning by Vesterheim. Vesterheim is gradually releasing "Folk Art In Place" videos as well as blog posts submitted by Vesterheim instructors, reminding us that folk art continues to flourish even under pandemic adversity! I hope you will join us July 14 and August 11 on Zoom as we stay connected. *Barbara*

Can loneliness kill? A study from Brigham Young University says yes. In fact, researchers say loneliness is now a major public health issue and represents a greater health risk than and is as destructive to your health as smoking 15 cigarettes a day. The study, published in the journal "Perspectives on Psychological Science", was a meta-analysis that looked at 70 studies covering over 3, loneliness and living alone can increase mortality risk by 29%, 26%, and 32% respectively, after adjusting for age, gender, socio-economic status and pre-existing health conditions. Submitted by Ellen Holstein.

ZOOMING WITH YOUR SON FRIENDS COMBATS LONELINESS!

Information for signing into zoom:

Tuesday July 14, 7:00 pm (the meeting will be open at 6:45 for your technical check-out and visitation).

Link to join Zoom Meeting

<https://us02web.zoom.us/j/77730444484?pwd=VWlIVGdtY3hyZldpZG1vclRlb2phZz09>



Or go to zoom.us and enter:
Meeting ID: 777 3044 4484
Password: SofnCR

Attendance via phone is also available by contacting Alan Erickson 319-377-1707.

OUR ACTIVITIES

Happy July Birthdays

Name	Date
Mavis M Hovden	2
Sharon Kay Stang	4
Laurie K Stonewall	6
Donald H Kvindlog	7
Nancy S Thorkildson	15
John Arthur Albertson	18
Beverly B Robeck	19
Jonathan R O'Neill	21
Ulla Wall	29

July's Meeting Movie

July 14 at 7:00

"Discover Wisconsin" highlighting
Stoughton and their Norwegian
Heritage including Syttende Mai.



BOOK CLUB
July 15, 2020
3:00

Discussion led by
Lois Shindoll.

Join Book Club Zoom
Meeting Here!

Skandanavian Knitters

We have been meeting
in an outdoor venue
using social distancing
We meet at the Home
of Becky Cleveland,
2509 White Eagle Trail
SE in Cedar Rapids.

We meet every Monday
9:30-12. Call Thea
O'Grady at 319-536-4979
with questions.

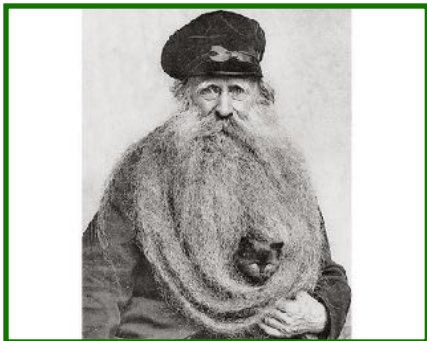
BYOChocolate

What's ahead?



In August we will again meet on-line via Zoom on August 11 at 7:00 pm. We will check in and visit with each other - an opportunity to show others the Norwegian projects you have been working on. We also may have a short video.

In June we met on-line via Zoom and showed a video "Sons of Norway. The History of Sons of Norway, Honoring the Past, Looking to the Future." In case you missed that meeting you can view the video by clicking [HERE](#).



It was terrific to see Alan Stang at last month's June ZOOM. I cannot wait to see what his beard holds for July!



News of interest:

In January, 2020 Norway merged some of its counties and there is speculation about whether Bunads will change. Read more [HERE](#).

June's Book Club Zoom



Top Row (L to R) - Cindy Monroe, Barbara Erickson, Ruth Christ

Middle Row - Lois Shindoll, Ellen Holstein, Ann Gesme Bottom Row - Thea O'Grady



Main Dishes

Sweet Potato

1 butternut squash	¼ C. butter
1 C. brown sugar	½ tsp. salt
¼ C. water	

Pare squash and cut into chunks. Place in buttered casserole. Make syrup of brown sugar, water, butter and salt. Pour over squash. Cover lightly with aluminum foil. Bake at 325° approximately 1 hour, basting occasionally. Uncover last half of baking time.

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 Director – Marilyn Olson 319-393-5531**
- Social Directors – Barb Taylor 319-393-0844
Sue Speicher 319-364-8607**
- SON Financial Benefits Counselor
Scott Johannsen
sjohannsen@riverlandinsurancegroup.com
563-343-5157**



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

Appointed Officers:

- Auditors: Verl Lekwa 319-728-2847
Ruth Christ 319-351-7717
Bob Thorkildson 319-721-9902**
- Language Facilitator
Tom Næsse 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 O’Grady**
- Newsletter Editor } 319-536-4979**
- Scholarships
Cindy Monroe 319-363-7420**
- Sports/Recreation/Youth
Very Verl Lekwa 319-728-2847**
- ☀️ Sunshine- Cheryl Zapf 319-363-5326**