

Restauration Lodge Newsletter

January 2024



January Birthdays

Carol Ann Kurth
Marvin Robeck
Nicholas Monroe
David A Aanonson
Lois M Shindoll
Susan R Speicher
David E Christ
Dianne F Garbe

February Birthdays

Oliine B Stigers
Thomas Wayne Thoreson
Candy L Roberg
Gregory Collins
Hubert Allen Ellingson
Jeffrey Agrell Mr.

T

This would be a good time to personally invite someone you know who is interested in Scandinavian culture and bring them to our meeting.

Sons of Norway Lodge 1-548

January 9, 2024 at 6 PM

Ascension Lutheran Church

2210 Grand Ave, Marion, IA

Annual Holiday Dinner! Everyone bring desserts; Board set up at 5.

- Contact us at restaurationlodge@gmail.com



Dear lodge members: Welcome to 2024.

Our January 9 meeting will be a catered dinner at 6 pm. Reservations are being taken by Cheryl Zapf (**319-493-7002**) or Barbara Erickson (**319-360-5093**). Cost is \$10 per person. Dinner reservations must be made by Sunday January 7. Members please bring desserts to share.

Ha et fantastisk nytt år!
(Have a fantastic new year!)

Barbara

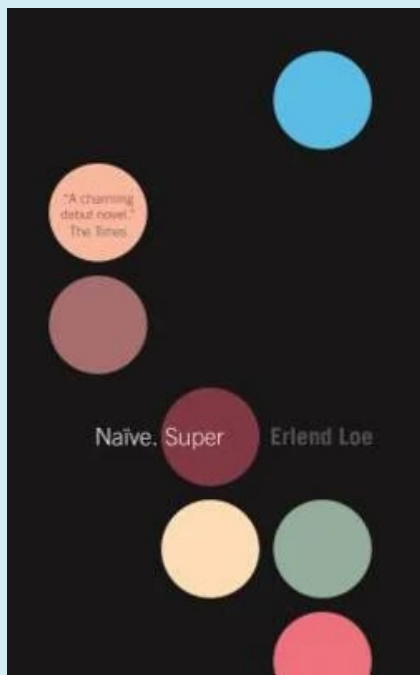
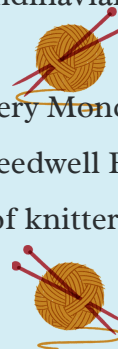


Zoom will not be available this month.

Thank you to the the Lodge
for your contribution of \$200
to Sons of Norway
Foundation (scholarship
fund) and \$75 to Ski for
Light.

District 1 Convention
August 19-21, 2024
Lake Elmo, MN
WANT TO BE A DELEGATE?
See Barbara or Marilyn

sKandinavian Knitters
We meet every Monday from 10 on at
Feedwell Bakery!
All levels of knitters are welcome!



January 17 at 1 PM

This month we will meet
at the home of Marilyn Olson.

Naive. Super
by Erland Loe
is our book for January.



Contact Marilyn if you would like to know
what we are reading in 2024.

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 to provide quality
insurance and financial products
to its members.*



Find us on FACEBOOK on our
[new secure group page.](#)

There are no minutes from the last meeting,
because we had our annual Pea Soup dinner.

ZOOM recordings are available NOW!

Email Alan at restaurationlodge@gmail.com for details.



How to Say “Happy New Year” in Different Norwegian Dialects

Norway is known for its diverse range of dialects, each with its own unique pronunciation and vocabulary. Here are some examples of how to say “Happy New Year” in different Norwegian dialects:

1. In the Oslo dialect: “Godt nytt år!” – Pronounced as “goot nyoot ohr.”
2. In the Bergen dialect: “Godt nytt år!” – Pronounced as “goot nyoot ohr.”
3. In the Trondheim dialect: “Godt nytt år!” – Pronounced as “goot nyoot ohr.”
4. In the Stavanger dialect: “Godt nytt år!” – Pronounced as “goot nyoot ohr.”

While there are variations in pronunciation and vocabulary across different dialects, the phrase for wishing someone a happy new year remains the same. This reflects the unity and shared culture of Norway, despite its linguistic diversity.

Where to Buy Norwegian Brown Cheese Outside Norway

December 25, 2023 by David Nickel

Outside Norway, Brunost is a hugely popular food within Norway, but it can be hard to find elsewhere in the world. Here's where you can buy it in.



Among visitors though, it's very much a 'love it or hate it' food among tourists. Known as brunost in its homeland, brown cheese has recently become more popular around the world. For those yearning for another taste of this unique aspect of Norwegian culture outside of Norway, the possibilities have never been greater.

What is Norwegian brown cheese?

Norwegian brown cheese, or brunost, isn't your typical cheese. In fact, it's not actually cheese at all!

It's made from the whey, milk, and cream of cows or goats, or both. The mixture is then boiled until the lactose caramelises, giving the cheese its signature brown colour and sweet flavour.

There are many different types. For example, *gjetost* is brunost that's made wholly from goat's milk.

Depending on the specific type of brunost, the taste can range wildly from deeply sweet to very tangy. The colour also varies from a light caramel to a dark brown.

Where to buy brown cheese in the U.S.

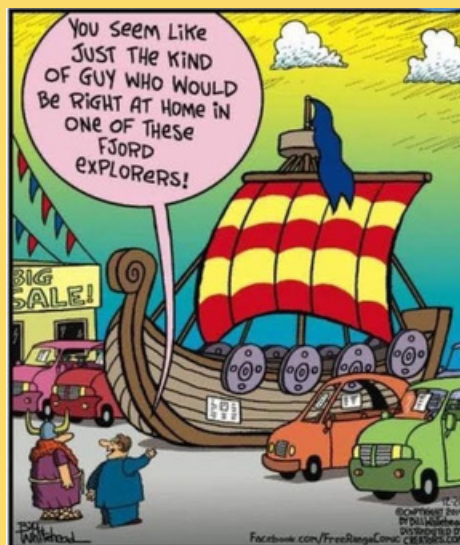
Many specialty or European grocery stores carry brown cheese in North America. If you're near a city with a significant Scandinavian population, such as Minneapolis or Seattle, chances are higher that local delis or supermarkets will stock it.

Failing that, there are several online stores that will ship brunost across the USA. Just bear in mind that it needs to be kept refrigerated, so consider the shipping time when ordering.

By far the easiest brand to find is 'Ski Queen', a brand that's made by the Norwegian company Tine just for export. In Minneapolis, [Ingebretsen's Nordic Marketplace](#) has been offering a wide selection of Scandinavian food and gifts since 1921. They sell Ski Queen in both goat-only and a blended variety. Seattle-based [Scandinavian Specialities](#) also sell the two varieties of Ski Queen, along with Gudbrandsdalsost. Wisconsin-based [Westby Creamery](#) also stocks brunost in its online store.



We are lucky to find Ski Queen gjetost in Cedar Rapids, Marion at Hy-Vee and at Larry's Town and Country in Slater! Where do you get yours?



Combatting the Long Winter

As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of indirect sunlight, however its inhabitants don't seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was “no increase in mental distress during the winter.” Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mindset toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.

Newsletter Service: January/February 2024