

Sons of Norway Lodge 1-548  
 November 12, 2024 at 7 PM  
 Ascension Lutheran Church  
 2210 Grand Ave, Marion, IA  
 December 10, 2024 at 6PM  
 for the annual pea soup dinner.

- Contact us at  
[restaurationlodge@gmail.com](mailto:restaurationlodge@gmail.com)



Dear Lodge Members:

I am surprised at how quickly the year has flown by. The leaves are falling from the trees the temperatures are cooler, and night comes earlier. These are signs that Thanksgiving and Christmas are fast approaching. Please include our upcoming programs into your schedule.

Tuesday, November 12 at 7:00, Tom Næsse will share, "How I Vacation in Norway."



November Birthdays

Helen Andersen  
 Leslie Ellis Stokke  
 Linda M Tellberg  
 Bonnie L Campbell  
 Thea D O'Grady  
 Milt L Knutson

December Birthdays

Mavis I Lovik  
 Leif Galstad  
 Britta Fitzgibbons  
 Martha Diane Ellingson  
 Elyce Santerre  
 Jason Arthur Gambach  
 Thorleif Naesse  
 Arden R Shindoll  
 Robert J Thorkildson  
 Joan E Bredeson

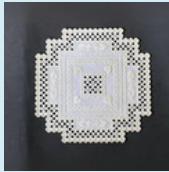
***Tuesday, December 10, we will enjoy our annual "Pea Soup and Rye Bread dinner."***

***The meal starts at 6:00 followed by the program. Members are asked to bring their favorite Scandanavian desserts to share.***



Kathleen Almelien will be taking orders for rye bread at November's meeting.

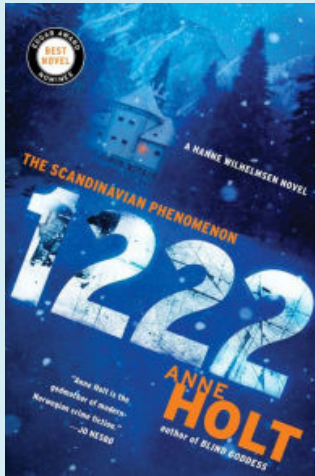
*Hardanger Class  
with Sheri Ekstrom  
will resume after the holidays  
in 2025.*



skandinavian Knitters



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



November's book is

1222  
by Anne Holt

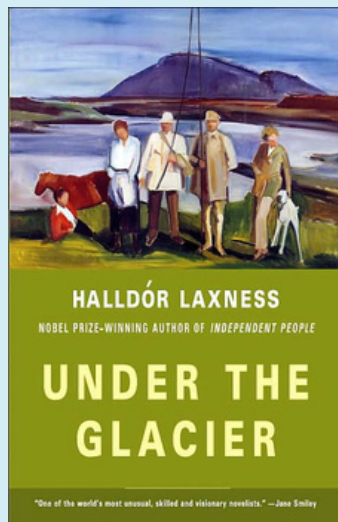
Book Club (every third Wednesday of the month) is on Nov 20 and Dec 18.

We will meet

at the home of Kari Harper.  
2322 Vaughn Drive in Marion.

Find us at [restaurationlodge@gmail.com](mailto:restaurationlodge@gmail.com)

For December, we are reading  
*Under the Glacier*  
by Halldór Laxness



New Land, New Life

1825-2025

Creating Pathways to the Future





## THE HISTORY OF NORWEGIAN SWEATERS

November 5, 2024 | 7:00 PM CST

Location: Online with the Des Moines Knitting Guild

Learn about the history of different types and styles of Norwegian sweaters, including Setesdal, Fana, Marius, and Olympic from textile expert and Vesterheim Chief Curator Laurann Gilbertson. Laurann will also discuss the symbolism behind some of the patterns and colors on sweaters made today. Be sure to invite your audience to wear their favorite sweater. Or look more broadly at Nordic knitting in *A History of Norwegian Knitting*.

To receive a link to attend or for more information, contact Kathye Harrington-Taber at [kharringtontaber@gmail.com](mailto:kharringtontaber@gmail.com).

Questions? Contact Kim Toussaint, Associate Director of Development, at [ktoussaint@vesterheim.org](mailto:ktoussaint@vesterheim.org) or 563-382-9681.

Vesterheim staff members can give presentations to cultural, community, and church groups on a variety of topics. Find more information about presentation options and how to schedule one for your group [here](#).

## 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

ZOOM with US!

ZOOM.US

JOIN A MEETING

MEETING ID 777 3044 4484

Password: SofnCR



ZOOM with the book club!

ZOOM.US

JOIN A MEETING 863 2249 8955

MEETING ID 578165

Restauration Lodge Minutes

October 8, 2024

20 members present

President Barbara Erickson called the meeting to order at 7:08 pm

Marsha Bergan is back after visiting last month.

1 person on Zoom

Newsletters will be coming every 2 months so we will approve minutes for September and October on November 12, 2024.

Treasurer's Report—Arden Shindoll

\$6631.05 in checking

\$2809.82 in CD

Church would accept a Smart TV from us. It should be put on NorthWest wall.

Membership Committee—Alan Erickson

91 total members in Restoration Lodge.

Social Committee—Barb Taylor and Sue Speicher

Oct.—Cindy

Nov.—Marilyn and Helen

Dec.—Pea soup dinner

Dec.—Kathleen can order Rye Bread for personal use. She will take orders in November

Sunshine Committee—Cheryl Zapf

Sent a card to: Candy Roberg

Sheri and Dean Eckstrom—Daughter was killed in an ATV accident so she and Dean have been in Colorado taking care of things there.

Britta Fitzgibbons after surgery

Mary Jo, sister of Diane Ogann died

Ellen Holstein—broke her foot

Copper Heart—book for October. Kari is presenting.

Kathleen presented a band weaving program in Minot, North Dakota, at the Norse Høstfest on September 25, 2024

Cards for sale for 200th anniversary of Restauration Ship coming to America.

She is presenting a program on Solje in Decorah, Iowa, next Tuesday, October 15, 2024

Program—Cindy and Thea's Excellent Adventure to the Convention.