

# RESTAURATION LODGE #548



January 2010

[www.sofn-cedarrapids.org](http://www.sofn-cedarrapids.org)

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**The next social meeting will be Tuesday, January 12, 2010  
6:30 p.m.**

**Our Savior's Lutheran Church  
3634 1<sup>st</sup> Avenue NE  
Cedar Rapids, Iowa 52403**

**Bring a potluck dish and your own tableware.**

**Join us for our Julebord, annual Lutefisk Potluck Dinner. Invite  
a friend. \$1 for non-lutefisk eaters and \$4 for lutefisk eaters.**

**Pick up remaining lingonberry, herring and calendars orders.**

## **Fra President**

After a holiday of entertaining, I confess that lingonberries have become my fruit of choice. I have put them on toast, added corn syrup to make an ice cream topping, filled coffee cakes, and mixed them in whipped cream for krumkake. After a little research I discovered a little more about my new favorite fruit. (As an aside, the first picture in my cook book was of a salmon garlanded with snow buttercups and Arctic harebells, signifying that a woman caught it!) Dark red lingonberries are the fruit of small evergreen shrubs. In Finland, the most abundant of the berries are the lingonberries that flourish in the forests. Although lingonberries resemble cultivated cranberries in flavor and appearance, they are only about one quarter the size and have an underlying resinous or pine-like taste. Because of their acid content they will keep over the winter in water alone, without benefit of any preservatives; this characteristic

explains why, in the past, a thick layer of lingonberries was used as an effective seal on top of fruit preserves. In addition to being eaten with meat, lingonberries are used in several desserts, including baked pudding made with rye flour, and one pudding that is not cooked at all, but whipped and whipped and whipped into a cool pink foam. Related to cranberries and blueberries, they may even have a chance of growing here with special care – a challenge to all you serious gardeners! Other names for lingonberries are cowberry, red whortle berry, foxberry, northern mountain cranberry, dry ground cranberry, rock cranberry, partridge berry, and whimberry. Lingonberries contain anthocyanins, a potent antioxidant. Keep eating those lingonberries!

Cindy Charlson Monroe

## **Post this 2010 Schedule on Refrigerator**

- February 9 – Recent Immigration to Norway  
March 9 – The Bygdelag in America  
April 13 – LUNCHEON MEETING at Cottage Grove Place – Comparison of Options for Elders in Norway and America  
May 11 – Syttende Mai Banquet – Speaker from Vesterheim  
June 8 – Travel to Alta/Stenje with Carolyn and Gerry Rushton  
July 13 – Genealogy Surprises  
August – NO MEETING  
September 14 – Demonstration and Tasting of Open Face Sandwiches – a Norwegian Tradition  
October 12 – Norwegian Folk Arts Night  
November 9 – Saga in Steel and Concrete , Engineers Involved in Designing and Building Tunnels, Bridges, etc. ALSO Silent Auction.  
December 14 – Julebord (Lutefisk Potluck)

### ***a little in English...***

#### **Norwegian Name Days**

In Norwegian culture, a person's name day is a day of the year that according to an almanac is dedicated to their first name. The tradition of celebrating a name day comes from the early Christian church, evidently to reduce the significance of celebrating birthdays, which was considered a heathen practice.

The original name days were taken from a list of Catholic saints and martyrs from the Middle Ages. Even though the religious basis for saints' days fell away after the Reformation, the practice was retained in folk tradition. From about the middle of the 18th century until early in the 1900s these name days were published in almanacs. By 1912 both the names and the traditions surrounding them had died out in Norway.

Name days had little meaning in Norway during the 1900s, while growing in popularity in

Sweden. This generated a certain amount of attention in the Norwegian media during the 1980s, and in 1988 a new calendar was published that included name days.

For every date in the year except January 1st, February 29<sup>th</sup> and December 25th, two names were chosen, based on statistics for names from the period 1900-1982. About 125 of the names from the old name day calendar were reintroduced on the same dates as before. A few names were assigned to dates connected to historical figures with the name. Examples of this are Snorre, which was assigned to September 23rd, the birth date of Icelandic saga scholar Snorre Sturlasson, and Håkon and Maud, which were both assigned to June 21st, the date of the coronation of King Håkon VII and Queen Maud in 1906.

Today the tradition is well-known in Norway. You can look up your own name day at <http://www.nordicnames.de/wiki/>

### ***litt på norsk...***

#### **Norske Navnedager**

En persons navnedag er den dag som ifølge almanakken er tilegnet personens fornavn. Tradisjonen å feire navnedag oppstod i den tidlige kristne kirken, nærmest for å redusere betydningen av fødselsdagsfeiringen, som ble oppfattet som en hedensk skikk.

De gamle navnedagene var hentet fra en liste over helgener og martyrer fra middelalderen. Selv om det religiøse grunnlaget for helgendagene falt bort med reformasjonen, ble de bevart i folketradisjonen. Fra omtrent midten av den 18de århundret til tidlig i 1900-tallet var navnedagene trykket i almanakker.

Innen 1912 hadde både navnene og tradisjonene rundt dem dødd ut i Norge. Navnedager hadde lite betydning i Norge gjennom 1900-tallet, mens feiringen av folks navnedager fikk stor utbredelse i Sverige. Dette vakte en viss oppmerksomhet i norske medier på 1980-tallet, og i 1988 lanserte Almanakkforlaget en ny kalender som etter svensk forbilde inneholdt navnedager.

For hver dato i året, bortsett fra 1. januar, 29. februar og 25. desember, ble to navn valgt ut, basert på statistikk over navn for perioden

1900–1982. Rundt 125 av navnene fra den gamle navnedagskalenderen ble gjeninnført på samme dato som tidligere. Noen få navn ble lagt på datoer knyttet til historiske personer med navnet. Eksempler på dette er Snorre, som fikk navnedag 23. september etter dødsdatoen til Snorre Sturlason, og Håkon og

Maud, som begge fikk navnedag 21. juni etter kroningsdagen til kong Haakon VII og dronning Maud i 1906.

I dag er tradisjonen velkjent i Norge. Du kan slå opp din egen navnedag på [http://www.nordicnames.de/wiki/Norwegian\\_Name\\_Days](http://www.nordicnames.de/wiki/Norwegian_Name_Days)  
Ruth Christ

### **News from an Alert SoN Member**

Knut Magne Haugland of Norway, passed away on December 25. He was 92. Haugland was one of six men, who with Thor Heyerdahl in 1947, successfully crossed the Pacific Ocean in a 45 foot raft made of balsa wood and bamboo -- named Kon-Tiki -- to prove that people from South America could have settled Polynesia in pre-Columbian times.

### **LANGUAGE CAMP SCHOLARSHIPS**

Skogfjorden and other Nordic Villages sponsored by Concordia College (for ages 7-18) and Masse Moro sponsored by Sons of Norway District 5 (for ages 9-15) are great opportunities for our children and grandchildren to learn about their heritage with an emphasis on language and cultural skills. Scholarships are available from District 1 and/or the local lodge.

Contact me, Ruth Christ, Restauration Lodge Scholarship Chairman, for an application form and further information. I may be reached at: 1335 Emily Ct., Iowa City, IA 52246-4148; phone 319-351-7717; e-mail [ruth-christ@uiowa.edu](mailto:ruth-christ@uiowa.edu). Since I will be out of town at the end of January, it would be very helpful if anyone considering applying for a scholarship would contact me with an indication of interest by January 15. Be sure to leave a phone number/e-mail address so your message can be returned as I will be checking voice and e-mail. Applications must be sent to me for receipt by February 1, 2009.

January 20 Book Group will meet at 1:00 at Gesmes. The selection for discussion is A Doll House by Henrik Ibsen.

February 17 Book Group discussion of Linka's Diary by Slind and Grindal.

March 17 is Bold Spirit by Hunt.

### PLANNING A VACATION?

Check out some of these Midwest Norwegian events

- Torsk & Meatball Dinner & Bake Sale, Sioux Falls, SD 01/16/2010
- July - Nordic Fest in Decorah
- Midsummer Scandinavian Festival, Crookston, MN 06/14/2010

### LOOK FORWARD TO THESE UPCOMING PROGRAMS!

- February 9 – Our own Tom Naesse will discuss recent immigration to Norway!

### Keep Sons of Norway Restauration Lodge 548 Strong

- ❖ Take our Norwegian language class.
- ❖ Provide suggestions for programs.
- ❖ Sign up to bring treats to meetings.
- ❖ Pick up a member who prefers not to drive at night.
- ❖ Say yes if nominating committee asks you to be an officer.
- ❖ Bring a potential member to a meeting to try us out.
- ❖ Encourage youth to attend language camps and to apply for our scholarships.
- ❖ Join one of our small groups.
- ❖ Earn an award by pursuing an area in Sons of Norway Cultural Program.

Elected Officers:

President – Cindy Monroe 363-7420  
Vice President – Dave Johansen  
Secretary – Harold Williamson 338-5658  
Treasurer – Ding Sather 393-7310

Membership Secretary –  
    Alan & Barbara Erickson 377-1707  
Cultural Directors – Paula Schulte 396-1074  
    Lois McCormick 377-2890  
Historian-Paula Schulte 396-1076  
Social Directors – Mavis Hovden 393-3286  
    Anna Marie Klein 373-9260

Sons of Norway representatives:

Davis Tesdahl 286-9447

Lodge web site: [www.sofn-cedarrapids.org](http://www.sofn-cedarrapids.org)

Web master: Robert Thorkildson 721-9902

Appointed Officers:

Auditors:  
    Veri Lekwa 738-2847  
    Ruth Christ 351-7717  
    Bob Thorkildson 721-9902  
Foundation-Wally Sundet 393-6971  
Greeters-

Language Facilitators:

    Tom & Ingrid Næse 841-2311  
Past President- Dean Gesme 362-6910  
Librarian-  
    Marshall-  
Musician-Sharon Kay Stang 351-5133  
Newsletter Editors-Cindy Monroe 363-7420  
    Sherrie Waite 329-8190

Publicity-

Scholarship-Ruth Christ 351-7717  
Sports/Recreation/Youth-Verl Lekwa 728-2847  
Sunshine-Cheryl Zapf 363-5326