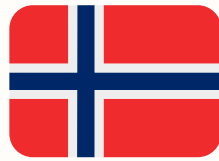


Restauration Lodge Newsletter

Sons of Norway



March 2022

Next Meeting

April 12, 2022 at 7:00
Ascension Lutheran
Church in Marion

Program

Norwegian Bingo
Have fun!! Win Prizes!!

Refreshments

Milt Knutson
Gwen Jones and
Sue Speicher

Visit our website

<http://www.sofn-cedarrapids.org>



Fra Presidenten, Barbara Erickson

small world... On our recent vacation in March, we met a Sons of Norway lodge president in my cousin's church. Mary, originally from Wisconsin, is president of the lodge in Land O' Lakes, Florida. We discussed some of the same challenges our lodges have been having. They, like us, are glad to have in-person meetings. I'm looking forward to seeing everyone Tuesday April 12 at 7:00 pm!

Zoom with us!

Go to ZOOM.US
JOIN A MEETING
Meeting ID
777 30440 4484
Password:
SofnCR

Upcoming Event

Norsk Høstfest the largest Scandinavian festival will be Sept 28 – Oct 1, 2022 in Minot, ND. This celebrates Scandinavian culture and heritage of the five Nordic countries of Denmark, Finland, Iceland, Norway and Sweden. Presale concert tickets will be available April 13th. You can find the ticket link right on the Norsk Høstfest website <https://hostfest.com>

Scandinavian Knitters

Meet Mondays
9:30

Feedwell Kitchen & Bakery



Birthdays

April

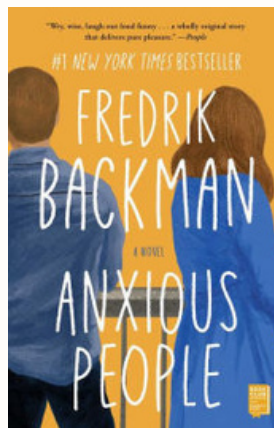
Patricia R Knutson.	16
Richard K Isaacson.	25
Erik K St Louis	27
Ann M Gesme	29
Owen Hanson	30
Ryal Hanson	30
Larry George Kurth	30

May

Wendy L Christian	11
Ardith B Erickson	1
John L Hanson	8
Carolyn A Rushton	21
David W Tesdahl	20
Cheryl L Zapf	28



Book Club



APRIL 13, 2022
AT 1:00

Ann Gesme's Home





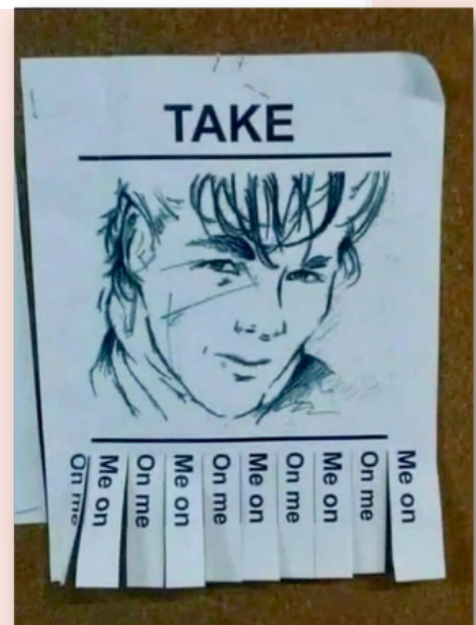
Sons of Norway is excited to announce the 2022 new member recruitment campaign. We look forward to building on the success of recent years as we continue to welcome new members to the Sons of Norway family in 2022!

Goals set by Sons of Norway's International Board of Directors for 2022 include enrolling 12,000 new social and financial benefits members. While the pandemic may at times put restrictions on gathering, you can still invite friends and family to join and enjoy the exclusive benefits of Sons of Norway membership!

All lodges, regardless of size, are asked to recruit 4% more new members this year than in 2021 (rounding up to the next whole number or "whole member"). For lodges that recruited 3 or fewer new members in 2021, their goal this year is 4 new members.



Norwegians used to have a car brand named Troll. Only 5 cars were ever made by Troll, though, which are all in car museums. The Troll was in production between 1956 and 1958 and was made in a factory in Lunde, Telemark.



BEARD CONTEST

In March, we had our beard contest, or should I say the men had a contest. This led to other discussions about Viking hygiene. And there's MORE!



Common Myths

Vikings have always been pictured as the big, smelly, sweaty men that don't ever take baths and love everything unclean. But recent discovery of cleaning tools have been found and some unbiased accounts of viking visits have been found and have shown the vikings as actually one of the most cleanest people during their time.

How often they cleaned

Accounts also showed that the vikings cleaned themselves every morning and bathed every Saturday (which was spelt in Old Norse as washing-day). This was more often than every other people in the world as the English only bathed once or twice every year.

The Viking Soap

The vikings were also very inventive and had made a soap that they only used on bath days and also used to bleach their hair blonde. Males usually bleached their hair and beards because they thought that blonde hair was more desirable.

Thanks to Martha Ellingsen for these pictures.



Ole and Sven are working on a barn. The wind comes up and blows their ladder over. Ole asks Sven, "How are we going to get down?"

Sven looks around the roof for a while then says, "Well there's a manure pile on that side of the barn we could jump in to soften the landing."

Ole said, "OK Sven, but you go first, it was your idea!" So Sven jumps off into the manure. Ole yells down to him, "How deep is it Sven?"

Sven yells back, "It's only up to my ankles!" So Ole jumped down too and they both climb out of the manure pile.

Ole turns to Sven and said, "Sven what the hell did you mean it was only up to your ankles? It was up to my EARS!"

..... replies, "Ya, but I jumped in head first."... <3 N.V.O

SON SOCIAL MEETING MINUTES FOR RESTAURATION LODGE 1-548

3/8/2022

- ✦ Welcome by Secretary Cindy Monroe. No visitors.
- ✦ No Vice President report
- ✦ Thea O'Grady reports no new publicity. Knitting every Monday.
- ✦ Treasurer's Report by Arden Shindoll: States accounts are unchanged from last month. Checking is 2630. Savings CD is approx. \$10,500.
- ✦: 17 members present, 6 on Zoom
- ✦ Lodge calendar has upcoming events, Syttende Mai celebration (breakfast in the park), Midsommer picnic, Linn Co Fair and Hoover Days.
- ✦ Scholarships given to Owen Hanson and Ryan Hanson for camp. Their essays were read. Dr. John Hanson briefs us about his boys.
- ✦ Naesse gives his What's Happening in Norway report.. Norwegians are complaining about high gas prices; country dealing with Ukrainian refugees; and fields are being readied for spring planting.
- ✦ Book Club is reading the Bell in the Lake by Lars Mytting
- ✦ Cheryl, spreader of sunshine, tells us Alan Stang has passed.
- ✦ Convention will be attended by Marilyn Olson and Thea O'Grady. Register now!.
- ✦ Also register for Vesterheim classes.
- ✦ Arden Shindoll read a thank you letter from Vesterheim regarding donation made in Alan Stang's name.



• SOCIAL DISTANCING •
SOMETHING THIS
NORWEGIAN HAS
BEEN PRACTICING
SINCE FOREVER

	Board	
Officers	Name	Contact Information
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	Alan Erickson	319-377-1707
Cultural Director	Marilyn Olson	319-393-9844
Social Directors	Barb Taylor Sue Speicher	319-393-0844 319-364-8607
Auditors	Verl Lekwa Ruth Christ Bob Thorkildson	319-728-2847 319-351-7717 319-841-2311
Language Facilitator	Tom Næsse	319-841-2311
Librarian	Lois Shindoll	319-377-2890
Publicity Director Newsletter Editor Music	Thea O'Grady	319-536-4979
Scholarship	Cindy Monroe	319-363-7420
Sports and Recreation	Anna Collins Greg Collins	319-640-5276
Sunshine	Cheryl Zapf	319-363-5326
Webmaster	Bob Thorkildson	319-721-9902