

# Restauration Lodge Newsletter



Fra Presidenten,

May is a wonderful time of the year with fresh green growth, rain and wind (just kidding, but this is Iowa). For Norwegians, Constitution day is on May 17. This year we plan to meet at Thomas Park, Marion May 17, the third Tuesday to celebrate Syttende Mai from 10:00 am until 1:00 pm. We will NOT MEET on the second Tuesday at Ascension Lutheran, Marion, nor will we be on Zoom. Please join us. Coffee will be provided; please bring Scandinavian goodies to share.

See you there! - Barbara

## SYTTENDE MAI

Join us for our  
celebration.  
Bring goodies  
to share!

Program

*May 17, 2022*

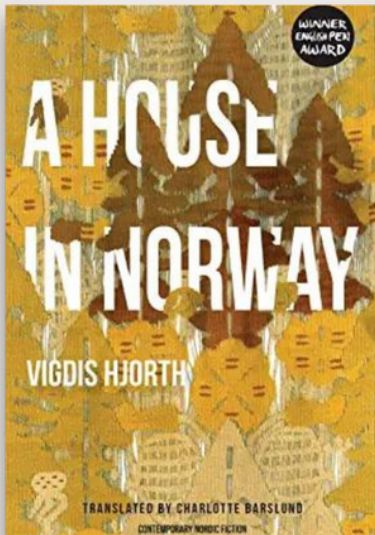
CONSTITUTION DAY  
THOMAS PARK  
10 AM

Meeting

***A House  
in Norway  
p. 2.***

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

## UPCOMING Birthdays



**May 18, 2022  
1:00**

**HOME OF ANN GESME  
AT COTTAGE GROVE**

## Gratulerer med Dagen!

### May Birthdays

|                   |    |
|-------------------|----|
| Wendy L Christian | 11 |
| David W Tesdahl   | 20 |
| Carolyn A Rushton | 21 |
| Cheryl L Zapf     | 28 |

### June Birthdays

|                         |    |
|-------------------------|----|
| Donna J Trolliet        | 8  |
| Wilmer A Mickelson      | 11 |
| Arnold E Andersen       | 12 |
| Barbara L Erickson      | 12 |
| Kathleen Doyle Almelien | 16 |

## Our Book Club

May's read is  
**A House in Norway**  
by Vigdis Hjorth

# Go outside!



Walking is a sports medal program. The Walking Form is available from Anna and Greg Collins.



Mette Kelley

has been at the gym with her trainer all winter!

# *Solje Care*

Newsletter resources from the magic of silver by  
**Kathleen Almelien.**

When wearing solje, spoons and dangles are always concave. If they are convex on you, you are wearing it upside down.

**NEVER** use a Silver Dip.

## JEWELRY CLEANER

1 cup hot water (just below boiling)

1 T Ammonia

1/2 t mild dish soap

Soak briefly and you will see tarnish begin to disappear.

Rinse.

Pat dry with a soft cloth, like an old t-shirt.

Repeat if tarnish is not gone.

If dirty and grimy, one can also take baking soda, and water to make a paste to rub on the dirt on the solje with a soft cloth or a worn out toothbrush.

To polish, use a soft cloth and the brightest red lipstick on it to make it shine. This red lipstick has iron oxide in it... this is embedded in wax to make jewelers rouge the final polishing compound in a jewelry store.

When clean, keep this in an airtight bag.

Pill pouches work wonders.

Do not use or store with rubber bands or pewter.



Marilyn Olson and Cindy Monroe  
recruiting a member for  
Restauration Lodge!

Lisa Kenyon, Cindy  
Monroe, and Marilyn Olson,  
model their buseruller. They  
learned construction  
techniques from a class at  
Vesterheim.



|                                                  | <b>Board</b>                                 |                                              |
|--------------------------------------------------|----------------------------------------------|----------------------------------------------|
| <b>Officers</b>                                  | <b>Name</b>                                  | <b>Contact Information</b>                   |
| 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<br>Sue Speicher                  | 319-393-0844<br>319-364-8607                 |
| Auditors                                         | Verl Lekwa<br>Ruth Christ<br>Bob Thorkildson | 319-728-2847<br>319-351-7717<br>319-841-2311 |
| Language Facilitator                             | Tom Næsse                                    | 319-841-2311                                 |
| Librarian                                        | Lois Shindoll                                | 319-377-2890                                 |
| Publicity Director<br>Newsletter Editor<br>Music | Thea O'Grady                                 | 319-536-4979                                 |
| Scholarship                                      | Cindy Monroe                                 | 319-363-7420                                 |
| Sports and Recreation                            | Anna Collins<br>Greg Collins                 | 319-640-5276                                 |
| Sunshine                                         | Cheryl Zapf                                  | 319-363-5326                                 |
| Webmaster                                        | Bob Thorkildson                              | 319-721-9902                                 |
|                                                  |                                              |                                              |



## *skandinavian Knitters*

MEET EVERY MONDAY 9-12 AT FEEDWELL KITCHEN

CALL THEA AT 319-536-4979 FOR QUESTIONS