



RESTAURATION LODGE NEWSLETTER

Sons of Norway

Oct 2022

125 Years Steeped in Tradition
Aiming for the Future



MEETING

October 11, 2022
7:00 PM



Ascension Lutheran
Church, Marion



PROGRAM

SON Convention 2022
Marilyn Olson and
Thea O'Grady



REFRESHMENTS

Lois Shindoll and Thea O'Grady



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➤ FRA PRESIDENTEN

Dear Lodge members

Alan and I just returned from a vacation to a country that loves "COD". No, we were not in a Nordic country. We traveled to Portugal and Spain. This picture of dried cod was hanging at a small restaurant in Lisbon. Cod is so loved - we could have eaten it morning, noon, and night, and prepared in many ways.



➤ BIRTHDAYS

**BIRTHDAYS ARE LISTED
BETWEEN MEETING DATES**

October Birthdays 🎂

Gary D Speicher	13
Marsha A Bergan	14
Tom C Olson	14
Sydney M Stapley	16
Maya Warren	17
Marilyn E Olson	23
Verl L Lekwa	24
Astrid Anderton	27

November Birthdays 🎂

Helen Andersen.	4
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October is the month the Sons of Norway Foundation is highlighted in the Viking magazine for the scholarships awarded to students. This year we will "pass the hat" and collect donations to support the Foundation's work. See you Tuesday! Barbara



Book Club is at
the home of
Ann Gesme.
It is held every 3rd
Wednesday at 1:00 PM

Upcoming Reads

November Honey Tongues
by Helen Uri

December Hearts in the Ice
by Sunniva Sorby and Hilde Stromboli



October 19, 2022
Jenny by Sigrid Undset
Discussion Leader - Barbara



RECIPES!

There was an enthusiastic response to Marilyn Olson's refreshments last month, so here are the recipes she used!

From the kitchen of Ann Gesme!

Lemon Melt Away Cookies

1 c. + 2T butter
2/3 cup powdered sugar
2 ½ cups all-purpose flour
Pinch of salt
1 cup cornstarch
4 T. tablespoon lemon juice

Mix at low speed. Form into two logs.
Slice and bake at 350° for 15+ minutes,



When cool frost with
1 c. powdered sugar
6 Tablespoons butter
2 t. lemon zest & 2+ teaspoons

Gluten-Free Seed Crackers (Norwegian Crispbread) 24 crackers

Ingredients:

- ½ cup sesame seeds
- ½ cup flaxseeds
- ½ cup raw pepitas (pumpkin seeds)
- ½ cup raw sunflower seeds
- 2 tablespoons chia seeds
- ½ cup cornstarch
- ½ teaspoon salt
- 3 ½ tablespoons canola oil
- ¾ cup boiling water
- Flaky sea salt for sprinkling

Instructions:

1. Preheat the oven to 275 degrees. Line a 13x18 rimmed baking sheet with parchment paper and set aside. Stir the seeds, cornstarch, and salt together in a large bowl. Add the oil and boiling water. Stir to combine. Let the mixture sit for 10 minutes.
2. Spread the batter into a thin layer on top of the parchment paper (a small offset spatula really helps this along). Sprinkle the top with sea salt.
3. Transfer to the oven and bake for about 90 minutes or until golden brown and crisp, rotating the sheet pan as necessary to encourage even browning. Once it is cool enough to handle, move the parchment paper with the cracker on top to a wire rack to cool completely. To serve, break the crispbread into pieces for a rustic look or cut into squares using a serrated knife.

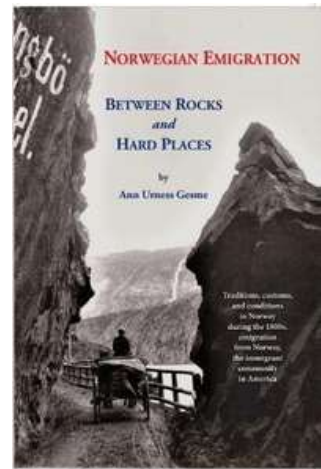


Norwegian Emigration: Between Rocks and Hard Places

By: Ann Urness Gesme

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Meeting Minutes
September 12, 2022
7:00

An abbreviated agenda for this meeting was held due to the length of the Vesterheim Webinar "The History Of Socks: A Webinar With The Three Rivers Fibershed (Online)"

- ♦ **Welcome by Vice President, Lois Shindoll**
- ♦ **Treasurer's Report by Arden Shindoll: \$8566.23 checking, 2635.02 savings CD.**
- ♦ **Memorial sent to Vesterheim for Sharon Stang.**
- ♦ **Membership: 100 members**
- ♦ **Board meeting was held in early September.**
- ♦ **Program Director, Marilyn Olson warned everyone about the upcoming programs.**
- ♦ **Book Club titles were announced.**
- ♦ **Refreshments from Marilyn Olson. November - Lois Shindoll and Thea O'Grady**
- ♦ **No reports for Sports and Sunshine**



	Board	
Officers	Name	Contact Information
President	Barbara Erickson	319-377-1707
Vice President	Lois Shindoll	319-377-2890
Secretary	Cindy Monroe	319-363-7420
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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



sKandinavian Knitters

MEET EVERY MONDAY 10-12

CALL/TEXT THEA AT 319-536-4979 WITH QUESTIONS