



Sons of Norway

RESTAURATION LODGE
NEWSLETTER

FEBRUARY 2023

MEETING



February 14, 2023

7:00 PM



Ascension Lutheran
2210 Grand Ave
Marion



www.sofn-cedarrapids.com



restaurationlodge@gmail.com



DRESSING IN YOUR BUNAD
KATHLEEN ALMELIEN



THEA O'GRADY
SUE SPEICHER



FACEBOOK



ZOOM WITH US

JOIN A MEETING MEETING ID 777
30440 4484 Password: SofnCR



**BEARD AND MUSTACHE
CONTEST IN MARCH!**
ALL ARE INVITED!



FRA PRESIDENTEN

DEAR MEMBERS: IT WAS EXCITING
TO HAVE OVER 50 MEMBERS
ATTEND THE COD DINNER IN
JANUARY. THIS INCLUDES SIX
VISITORS WITH TWO OF THEM
TELLING US THEY ARE JOINING! THE
EVENING OF GREAT FOOD AND
CONVERSATION WAS
HIGHLIGHTED WITH NORWEGIAN
BINGO. THE PRIZES WERE TASTY.
REMINDER: SCHOLARSHIP FORMS
ARE AVAILABLE FOR LANGUAGE
CAMPS. BARBARA



**BARBARA
ERICKSON AND
ARDEN
SHINDOLL,
TREASURER**

BIRTHDAYS

FEBRUARY

OLIINE B STIGERS.	1
THOMAS WAYNE THORESON	1
CANDY L ROBERG	3
GREGORY COLLINS	5
HUBERT ALLEN ELLINGSON.	7
JEFFREY AGRELL MR.	25

MARCH

ROBERT J ERLANDSON	5
KERITH LUCILLE ST LOUIS	6
DAWN HYSLER	8
MARY M DURSPEK	11
ELLEN SUSANNE HOLSTEIN	11
KARL M KNUTSON	18
INGRID NAESSE	28



BOOK CLUB

Book Clubbers meet
the 3rd Wednesday of the month
starting at 1:30 at the home of
Ann Gesme.



February 15, 2023

Giants of the Earth
by Ole Edvart Rolvaag
Discussion led by Ann.

March

The Darkness
by Ragnar Jonasson
Discussion led by Cindy



skandinavian Knitters
meet every Monday 10-12
Call/text Thea at 319-536-4979
with questions



This sketch was made in 1945 by a Norwegian illustrator named Finn Wigforss. It shows Norwegian trolls chasing away German planes at the end of WW2. The reason why this depiction is so interesting is that Finn Wigforss was on the wrong side of WW2. He was a propaganda illustrator for the SS Norway and he produced many drawings from his experience on the Eastern front. In 1940 at the start of the German occupation he created a famous propaganda postcard of two trolls, supposedly Norwegian and German, chasing British bomber planes (picture in the comments). Over the years this postcard has been mistaken for Norwegian trolls chasing German planes. It appears that at the end of the war he re-created this well-known scene as the situation changed. This time it's clear that the planes are German with the iron cross on the wings. The sketch has been in a private collection since it was made, so it's a very interesting find.

Members requested this recipe at the Cod Dinner

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.

Sons of Norway Restauration Lodge

Minutes from January 10, 2023 meeting

Fish dinner was served at 6:00 pm. It was catered LJ's.

New people were welcomed. There were 52 attendees.

Free books were available for the attendees.

President's Report: Barbara Erickson

Scholarships are now available. Forms were passed out. Beard contest will take place in March.

Vice President's Report: Lois Shindoll

Lois contacted many inactive members to see how they are doing. Don Johnson is 107. He is

Methwick Woodlands and enjoys visitors.

Treasurer's Report: Arden Shindoll

\$633.00 was added to the account. This was money made from the sale of Vest's inventory.

\$8949.07 in checking \$2637.34 in CD

Membership Report: Alan Erickson

There are 97 members

Book Club: My First Murder is the book that will be discussed on Jan. 18, 2023.

Book Club is held at 1:30 pm at Ann Gesme's apartment.

Program: Cindy Monroe led a Norwegian Trivia bingo game. Gnome cups and food were given as prizes. Next month Keith Jorgensen will be speaking to the group.

Cindy will also be presenting a Trunk Show to 3rd graders at ——— school.

A member offered an antique trunk to the lodge and it was accepted.

Old Business

Teaching Rosemaling

From Tom Næsse, a newly discovered Runestone near Tyrifjord, Norway is the world's oldest, saying the inscriptions are up to 2,000 years old and date back to the earliest days of the enigmatic history of runic writing. (Javad Parsa/NTB Scanpix via AP). [Read about it here.](#)



Board

Officers	Name	Contact Information
President	Barbara Erickson	319-377-1707
Vice President	Lois Shindoll	319-377-2890
Secretary	Marilyn Olson	319-393-9844
Treasurer	Arden Shindoll	319-377-2890
Membership	Alan Erickson	319-377-1707
Cultural Director	Cindy Monroe	319-363-7420
Social Director	Barb Taylor	319-393-0844
Social Director	Sue Speicher	319-364-8607
Auditors	Ruth Crist Verl Lewka Bob Thorkildson	319-351-7717 319-728-2847 319-721-9902

Language Facilitator	Tom Næsse	319-841-2311
Librarian	Lois Shindoll	319-377-2890
Publicity Director Newsletter Editor Musician	Thea O'Grady	319-536-4979
Scholarships	Cindy Monroe	319-363-7420
Sports and Recreation	Greg & Anna Collins	319-640-5276
Sunshine Director	Cheryl Zapf	319-363-5236
Webmaster	Bob Thorkildson	319-721-9902



B S	I P	N I	G L	O L
Marc Nathanson	Agnita Knutson	Flag Days	English	1907
gnatvaks	nisse	Jo Nesbo	hytte	friluftsliv
Oslo	gløgg	gratis	Harald	Senja
793	1	Tromsø	43,000	Owens Ford Rival
Jonas Gahr Støre	eig	hydroelectric	pepperkaker	5,111 M



NORWEGIAN BINGO CARD