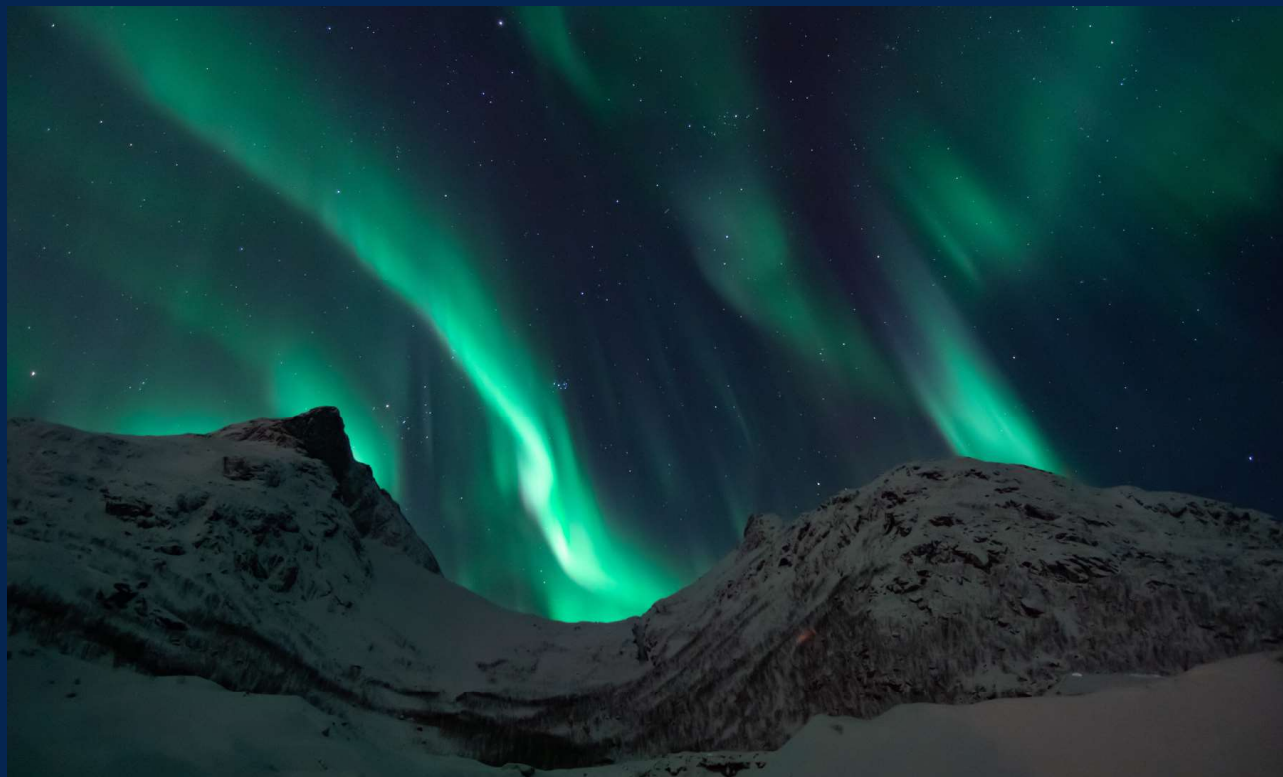




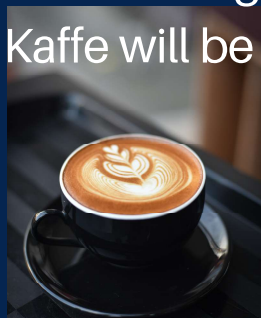
Constitution Day Newsletter Restauration Lodge 1-548 May 2023



Celebration Breakfast at Thomas Park, May 17 10-12

Please bring your favorite breakfast fare and sweets

Kaffe will be served.



Dear Lodge Members,
As we welcome in the month of May there are special days to celebrate. There is May Day, and Mother's Day and for Norwegians, Syttende Mai on May 17. So please join us Wednesday, May 17, ThomasPark Marion from 10am to noon as we celebrate Norway's Constitution Day with friends, coffee, treats and great conversation. Barbara



[FACEBOOK LINK](#)



Next Meeting: Midsommer Picnic

Please bring side dishes, salads, vegetables, or desserts to share. Lodge will provide hot dogs, condiments, drinks, plates, and silverware.

Thomas Park on June 23 5-8 PM.

Lodge will provide hot dogs, condiments, drinks, plates and silverware.

Please contact the Cultural Director regarding barrels of aquavit and human sacrifices.

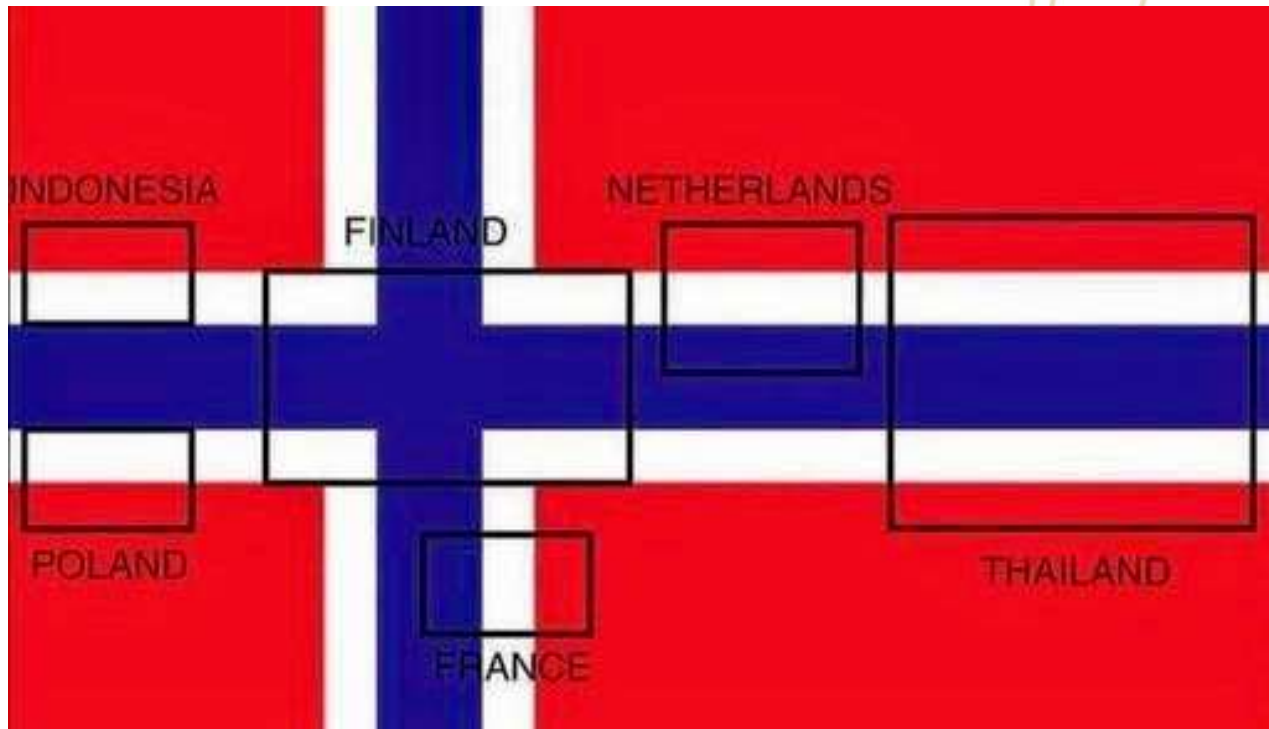
May and June Birthday

May

Ardith B Erickson	1
John L Hanson	8
Wendy L Christian	11
Ryan Kiser	13
David W Tesdahl	20
Carolyn A Rushton	21
Cheryl L Zapf	28

June

Donna J Trolliet	8
Wilmer A Mickelson	11
Arnold E Andersen	12
Barbara L Erickson	12
Judy J Fitzgibbons	12
Kathleen Almelien	16
Sandra L Van Amburg	19
Barbara A Taylor	25
Lorelei Oetker	26
Ashton Galstad	28
Ian R Erickson	29
Evelyn Galstad	29





BORED TEENAGERS? Make Nordic Granola

April 15, 2018

Liven up your breakfast routine with healthy ingredients! From chef and photographer Simon Bajada shares this recipes from his latest cookbook, “Nordic Light.” “There is so much satisfaction to be had in making home-made granola,” Bajada says. First of all, the kitchen smells incredible for a couple of hours, secondly you save some coin because boutique granolas fetch ludicrous prices, and most importantly you get to be creative with what goes in the mix.”

Makes about 14 servings Preparation
Time: 5 Minutes Cooking Time: 45
Minutes

1 cup spelt flakes
1 cup buckwheat flakes
1 cup rye flakes
1/2 cup pepitas (pumpkin seeds)
1/2 cup sunflower kernels
1 cup hazelnuts, chopped
3 1/2 fluid ounces lingonberry cordial (syrup)
4 Tbsp. rapeseed oil
2 tsp. cardamom seeds, crushed (open the pods to remove the seeds inside) _____
1 tsp. ground cinnamon _____
2 Tbsp. sesame seeds
Pinch of salt
1 cup coconut flakes
3 cups rolled porridge oats
3 1/2 ounces dried berries. You could also use blueberries, lingonberries, cranberries or raisins.

Preheat the oven to 275°F. Line two baking trays with baking paper.

Place all the ingredients, except for the coconut flakes, oats and dried berries, in a very large bowl and mix everything together well.

Stir the oats through the granola mixture, then spread it out over the prepared baking trays in an even layer. Bake in the preheated oven for 45 minutes, adding the coconut flakes for the last 10 minutes of cooking, until golden. To ensure even cooking you may have to rotate the trays during this time.

Turn off the oven and leave the granola to cool in it with the door left slightly ajar. Once cool, remove the granola trays from the oven and sprinkle over the dried berries, then transfer to suitable airtight containers or jars. Serve the granola with yogurt, milk or oat milk and fresh fruit, or with fruit nectar and yogurt.

Recipe excerpted from “Nordic Light” by Simon Bajada, published by Hardie Grant Books 2016,

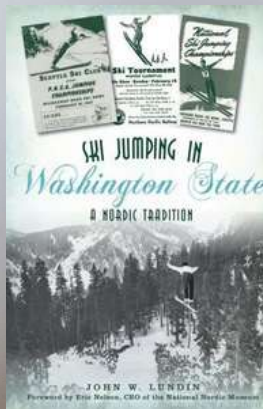


MARIUS HAMMER
(1847-1927)

Norwegian silversmith
and jeweller, he
studied in Hamburg
and Berlin before
establishing his own
workshop in Bergen.

Summer Reading

In July we read
*Ski Jumping in
Washington State: a
Nordic Tradition*
by John W. Lundin



Next Book Club July 19

PHOTOS



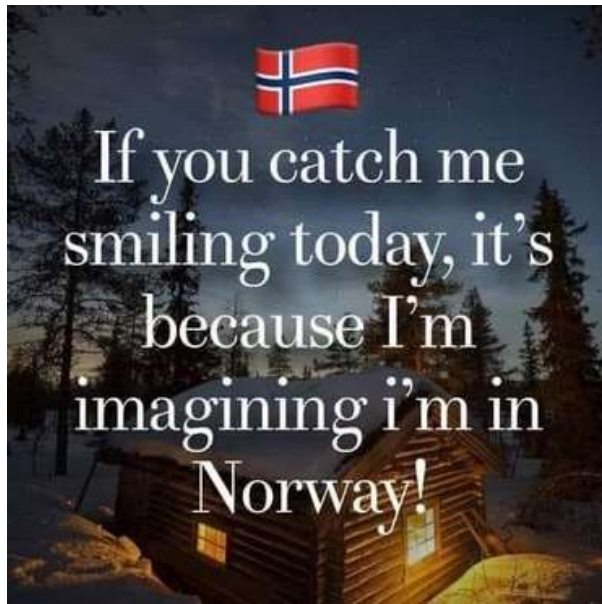
Seen here with Barbara,
Arthur Andersen shares
his expertise on Norwegian Stamps.



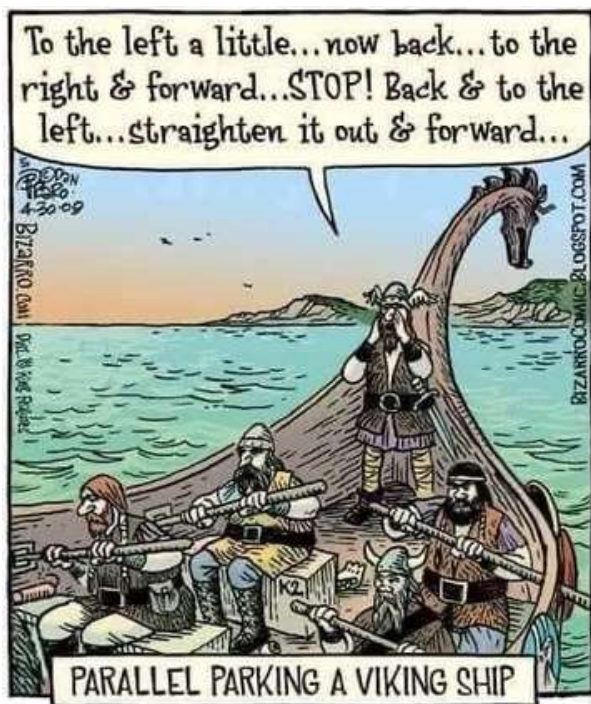
Nancy Andersen and Arthur Andersen

TREATS





**CINDY
IS IN
NORWAY!**





Happy 107th birthday to Donald Johnson

Donald Johnson, a citizen of Cedar Rapids for 75 years and a WWII veteran, celebrated his 107th birthday on March 27. Family and friends gathered at Meth-Wick for an afternoon of fellowship—and coffee and cake! In attendance were Don's children, Peter, Tim, and Linnea. Prior to managing the Cedar Room restaurant at Armstrong's department store, Don was co-owner of Baranchaunu's Steak House. For many years, Don was a consulting rosarian for the Linn County Rose Society. Since 1947, Don has been a member of First Lutheran Church and was active in the purchase of the magnificent Parsons Opus 50 pipe organ installed in 2021. An avid golf fan, Don regularly played golf until he was 103.

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