

# Newsletter



## Birthdays

- July Birthdays
- 7 Donald Kvindlog
- 15 Nancy Thorkildson
- 18 John Abertson
- 19 Bev Roebuck
- 20 Evelyn Moore
- 21 Johathan O'Neill
- 29 Ulla Wall

Contact us at  
[restaurationlodge@gmail.com](mailto:restaurationlodge@gmail.com)

See us at  
[www.sofn-cedarrapids.com](http://www.sofn-cedarrapids.com)

and

Find us on 

**ZOOM WITH US**  
**ZOOM.US**  
**JOIN A MEETING**  
**MEETING ID**  
**777 30440 4484**  
**Password:**  
**SofnCR**

## More Birthdays!

- August Birthdays
- 1 Charles Holecek
- 5 Lisa Kenyon
- 7 Sara Knutson
- 8 Harold Williamson
- 14 Anna Collins
- 15 Mary Brubaker
- 15 Diane Ogann
- 16 Darlene Edwards



### Mission Statement

*The mission of  
Sons of Norway  
is to promote and to  
preserve the heritage and  
culture of Norway,  
to celebrate our relationship  
with other Nordic countries,  
and to provide quality  
insurance and financial products  
to its members.*

## Fra Presidenten

Dear Lodge Members:

It was so good to gather at Thomas Park for Syttende Mai and the Midsommer Potluck. The weather was wonderful and the food delicious. Thanks to all who provided food, especially cucumber salads. A very special Tusen Takk to the board members for their help.

Please greet our new members Ellen Miller and Ann Ghoska at our next meeting.

Nordic Fest is July 27-29 in Decorah - another opportunity to celebrate our Norwegian heritage.

Our next meeting is July 11, 7:00 pm at Ascension Lutheran Church. See you there! Remember there is NO MEETING in August.

Barbara

# MEETING

July 11, 2023

7 PM

Ascension Lutheran Church

"Fish Fight"  
by Marilyn Olson



July's Book is....

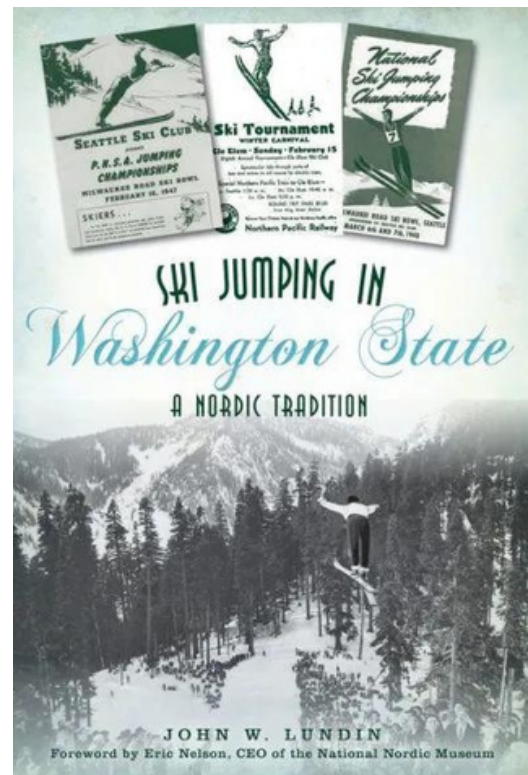


Book Club Host  
Marilyn Olson

July 19 from 1-3

4170 Riverview Rd  
Cedar Rapids

September's Book  
Defiant Courage  
by Astrid Karlsson Scott





## What happened to Norway's Flag?

Don't worry! This flag belongs to Orkney. This archipelago off the north coast of Scotland, is considering the possibility of changing its relationship with the United Kingdom amidst

concerns of economic struggles and inequitable funding. Orkney was last under Norwegian rule in 1497. To discover more about this subject, [CLICK HERE](#)



## Norway has a naming law!

Dating back to 1800, the law was enacted to prevent names with negative meanings. Want to change your name? You must apply for a new name, too.

Parents must submit their name choice before the child reaches six months old. For name changes, parents must submit the request for children 16 years old or under. However, the child must consent to the change if they are aged 12 or over.

Want to know what not to choose? Swear words, titles such as King or Princess, names of medicines or diseases, and using first names as surnames and vice-versa are not allowed. The hardest choices from foreign-born parents wanting names from their own country. These names may mean something completely different in Norway. The article mentions Finnish names, There is often an issue with Finnish common names Pekka and Kukka. I am not going to ask. For more details, [CLICK HERE](#)

# THE BOARD

|                            |                     |                   |
|----------------------------|---------------------|-------------------|
| President                  | Barbara Erickson    | 319-377-1707      |
| Vice President             | Lois Shindoll       | 319-377-2890      |
| Secretary                  | Marilyn Olson       | 319-393-5531      |
| Publicity/Newsletter/Music | Thea O'Grady        | 319-536-          |
| 1979 Treasurer             | Arden S hindoll     | 319-377-2890      |
| Membership Sec.            | Alan Erickson       | 319-377-1707      |
| Cultural Dir/Scholarship   | Cindy Monroe        | 319-981-8356      |
| Social Director            | Barb Taylor         | 319-393-0844      |
| Social Director            | Sue Speicher        | 319-360-0293      |
| Auditor/Webmaster          | Bob Thorkildson     | 319-721-9902      |
| Auditor                    | Verl Lekwa          | 319-728-2847      |
| Language Facilitator       | Tom Nesse           | 319-841-2311      |
| Sunshine Secretary         | Cheryl Zapf         | 319-493-7002      |
| Librarian                  | Lois Shindoll       | 319-377-2890      |
| Sports & Rec               | Greg & Anna Collins | 319-640-5276      |
| Evil Viking                | Milt the Viking     | Avail for Parades |
| Knitwear Everywhere.       | Ellen Holstein.     | Pass me the Rauma |





## ***sKandanavian Knitters***

Knitting in the Wild!

We also meet every Monday at Feedwell from 10-12.