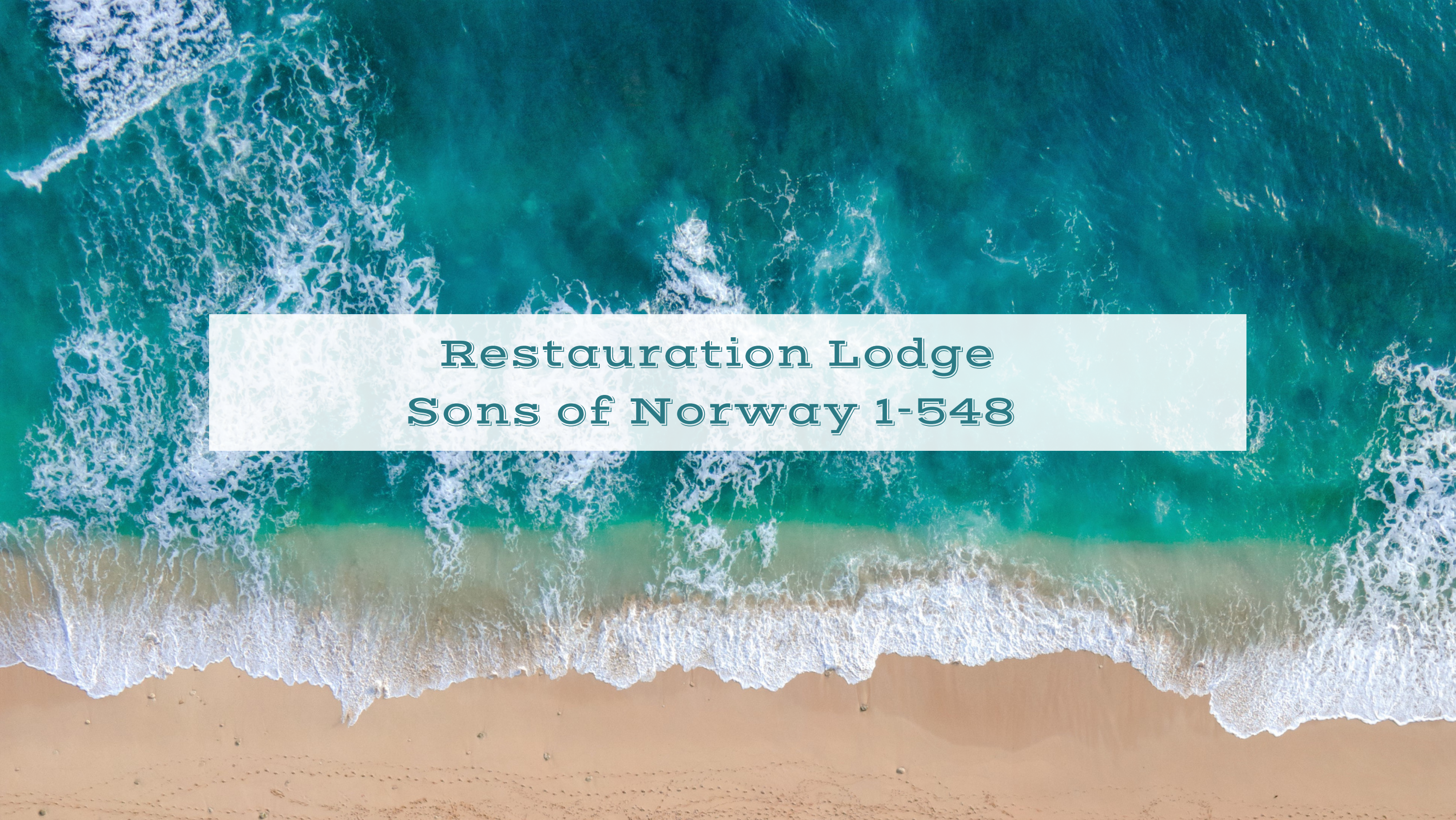


An aerial photograph of a beach. The top half of the image shows deep turquoise ocean water with white, frothy waves crashing. The bottom half shows a wide, sandy beach with some small pebbles and footprints. A semi-transparent white rectangular box is centered over the image, containing the text.

Restauratation Lodge Sons of Norway 1-548



Barbara and family

DEAR LODGE MEMBERS:

OUR NEXT MEETING ON JULY 9 WILL FEATURE METTE TELLING US ABOUT THE HISTORY OF FOODS AND CURRENT FOOD TRENDS IN NORWAY. BRING YOUR SWEET TOOTH!

THERE WILL BE NO MEETING IN AUGUST.

THE DISTRICT 1 CONVENTION IN AUGUST IS HAVING A FOLK ART EXHIBIT. IF YOU WANT TO PARTICIPATE IN THE EXHIBIT, THE BUNAD PARADE, SEND STAMPS FOR TUBFRIM, OR SUPPORT A SCHOLARSHIP WALKATHON, PLEASE CONTACT ONE OF OUR DELEGATES, CINDY MONROE OR THEA O'GRADY,

THE BOARD LOOKS FORWARD TO SEEING YOU IN SEPTEMBER!
THEA O'GRADY

To contact the lodge;
use this email
sofn.cedarrapids@gmail.com



Norman "Swede" Roberg, 98, of Anamosa, died Friday, June 14, 2024 at the Anamosa Care Center following a long illness.



Gratulerer Med Dagen

July Birthdays

Nancy S Thorkildson
John Arthur Albertson
Beverly B Robeck
Evelyn Monroe
Jonathan R O'Neill
Ulla Wall

August Birthdays

Charles L Holecek
Lisa Maureen Kenyon
Harold E Williamson
Anna Collins
Diane Irene Ogann
Darlene Larson Edwards



sKandanavian Knitters
Meet every Monday 10-12
Feedwell Bakery and
Kitchen

NEXT GATHERINGS

SOCIAL MEETING

JULY 9, 2024

7:00 PM

ASCENSION LUTHERAN CHURCH

PROGRAM

BEYOND LUTEFISK AND LEFSA
BY METTE-GRO KELLEY

BOOK CLUB

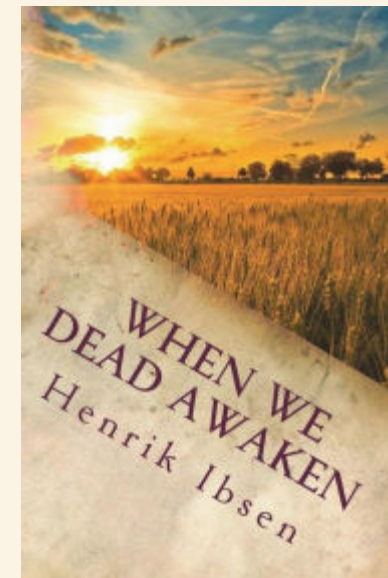
JUNE 19 FROM 1-3

AT THE HOME OF KARI HARPER

2522 VAUGHN IN MARION

WHEN WE DEAD AWAKEN

BY IBSEN



Norwegian authorities' decision last week to ban fishing for wild salmon in 33 of Norway's rivers this summer has sparked both concern and complaints, and landed one local official in trouble. It's also revealed how loopholes can be found for wealthy sports fishing fans like former football star David Beckham.



Norway's King Harald is among those who've enjoyed fishing for wild salmon over the years, like here in 2017. Alarms over low catches, though, began ringing years ago. PHOTO: Det kongelige hoff

[Click here for more!](#)



HOW TO ZOOM!

SOCIAL MEETINGS

ZOOM.US/JOIN A MEETING

MEETING ID 777 3044 4484 PASSWORD: SOFNCR

BOOK CLUB

ZOOM.US/JOIN A MEETING

MEETING ID: 869 7855 0382 PASSCODE: 758711



Ole and Lars were working for the city public works department in Wisconsin. Ole would dig a hole and Lars would follow behind and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one digging a hole, the other filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked Ole, 'I'm impressed by the effort you two are putting in to your work, but I don't get it -- why do you dig a hole, only to have your partner follow behind and fill it up again?'

Ole, the hole digger, wiped his brow and sighed, 'Vell, I suppose it probably looks odd because ve're normally a three-person team. But today Sven, who plants da trees called in sick.'

