

**Solglimt Posten**  
**Volume XLIV, No. 3**  
**March, 2019**



The mission of the 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 our members.

**Lodge Meeting**

Tuesday, March 26, 2019  
Cedar Falls Woman's Club  
3<sup>rd</sup> and Clay Street, Cedar Falls, Iowa  
6:30 pm: Dinner Cost: \$12.00

**Menu**

Goulash, Roll/butter  
Tangy Gelatin Salad, Blondie Bar

**Haley Jackson**



**“Institutional Memory:  
Preserving the History of Luther College”**

Founded by Norwegian immigrants in 1861, Luther College has been educating students for over 150 years. The records of this rich history are preserved in the college archives, allowing the Luther College community of the present to connect with that of the past. This presentation will provide a brief history of Luther College and demonstrate how historical records are preserved.

**Reservations by Thursday, March 21<sup>st</sup>.**  
Cancellations by Saturday, March 23. If your caller misses you, or if you are not a member and would like to attend, please call **Karolyn Haugebak, 277-2294**. Also call **Karolyn** for cancellations. Remember, if you reserve and do not attend, you will be asked to pay for your meal.

**Fra Presidenten**

Greetings all!

The sun is shining, but it's a cold start to the month. Have faith, we will eventually get out of this deep freeze. It was what had become a typical February day and evening for our lodge meeting in February.

However, it was a good meeting with many of you in attendance to hear about the Danish folks who settled and prospered in Cedar Falls and surrounding area. It was warm and pleasant inside the Woman's Club as we learned a number of facts and interesting details of those early days in our Cedar Valley. It was just another example of what benefits there are to lodge membership.

After having to cancel our January meeting due to weather conditions, our lodge officers for 2019 were installed at the February meeting by Past International President **Jon Tehven**. *Tusen Takk, Jon!* We congratulate those serving our lodge so faithfully. Each and all bring a variety of talents and make the lodge what it is today. Remember, however, that it takes everyone supporting these elected folks to fulfill our lodge goals for the year. So, with your help, we will have another great year!



As always, watch the *POSTEN* for various announcements of things in which you are encouraged to participate, nearly always to your own enjoyment. There will be some cultural trips, and some opportunities to “work” at an event in which your lodge is participating.  
*(Fra Presidenten continues on next page)*

(*Fra Presidenten*. Continued)

Plus, some assorted individual ways to help in maybe a smaller, but important, capacity. As the old saying goes, "You get out of it what you put into it." So true!

As we slowly work our way into more spring like weather, you are encouraged to mark your calendars for each and every lodge meeting. Your attendance is critical to the future of our lodge. And we promise a pleasant, enjoyable and entertaining evening every time! Bring a friend!

**Keith Jorgensen, President**

**Secretary's Notes, February 14, 2019  
Business Meeting**

After three postponements due to weather conditions, *Solglimt's* monthly business meeting was finally called to order by **President Keith Jorgensen** on Thursday, February 14, at his residence in Cedar Falls. Attending were **Jon Tehven, Dottie Roiseland, and Eunice Becker.**

The secretary's Minutes of the January meeting were approved as written. (**Jon/Dottie**)

The December and January Treasurer's reports were also approved. (**Jon/Dottie**) **Treasurer Jim Miller's** January figures submitted by email were as follows: Receipts, \$728.40 (includes calendar sales); Disbursement, none; Balance, \$4,367.31.

Thank-yous were shared from Ski for Light and the Norman Borlaug Heritage Foundation for recent Lodge donations.

Preparations for the Lodge's participation at this year's CultureFest will begin once information is received from organizers of the event.

The 2019 officer installation will take place during the February Lodge meeting.

The nominating committee is in the process of preparing a slate of officers for 2020.

Establishing goals for 2019 was delayed until the next Strategic Planning meeting.

Pending Lodge projects include a membership diner (former members to be contacted); volunteer opportunities with the Food Bank (consulting with the Food Bank as to duties, days, times); 125<sup>th</sup>

anniversary of the founding of Sons of Norway in 2020 (local celebration options.)

**Jon** noted that three new members had joined through the Lodge website.

Announcements:

Lodge Meeting: Feb. 26, 6:30 pm  
Strategic Planning: Feb. 28, 2 pm  
Lodge Business Meeting: Mar. 5, 3 pm

As there was no further business, meeting adjourned.

Respectfully submitted,

**Eunice Becker, Secretary**

**Takk** to all who turned in their Volunteer Hours for 2018. These figures become part of the Lodge Achievement report and help maintain Sons of Norway's not-for-profit status. They also represent who we are and what we do as a lodge.

**Eunice Becker, Secretary**

**New Member**

Dr. John Williams is psychologist at New Directions Counseling Services in Waterloo. John is originally from New Orleans and received his PhD from the University of Mississippi. His grandmother was from Norway, and he has always been interested in his heritage.



With John at our February meeting was his friend Ditte Kaas, from Denmark. Ditte is also a psychologist working in Waterloo.

**Need A Ride?**

Anyone needing a ride call

**Keith Jorgensen or Jon Tehven**

**Secretary's Notes, February 26, 2019  
Lodge Meeting**

**President Keith Jorgensen** called *Soglimt's* monthly Lodge meeting to order on Tuesday, February 26, at the Cedar Falls Woman's Club.

Following the anthems, Pledge of Allegiance and table prayer, guests and on new member were introduced and welcomed. They included new member, **John Williams** of Waterloo and guest, **Ditte Kaas**, Waterloo (originally from Denmark) and **John and Linda Maitland**, also of Waterloo.

As dinner was being served **Sunshine Chair Bev Haugen** reported on her recent activity.

Assisted by our Danish guest, **Dr. Duane Lindberg** and **Musician Kathy Schuhmacher** let the group in singing a Danish Epiphany song, *Deilig er de Himmel blå*, which translates to "Bright and Glorious is the Sky."

**Keith** reminded the Strategic Planning Committee of Thursday's February 28 meeting at his residence in Cedar Falls, 2pm.

**Gloria Tehven** noted that monetary donations to the Food Bank during March/April will be matched by a grant from an anonymous donor. She also reminded members to enter the monthly POSTEN Reader's Contest and to have news items and reports to her by the first of next month.

A basket was circulated for donations as a thank-you to the CFWC staff who prepare and serve the meals at our monthly Lodge meetings.

This year's CultureFest takes place on Thursday, April 4, at the Waterloo Center for the Arts from 5-7:30 pm. donations of *kringle* will be needed for patron sampling. **Coordinator Pam Flanders** will have more details as the event nears.

**Social Director Clare Palmer** introduced the evening's program presenter **Carrie Eilderts**,



Executive Director of the CF Historical Society.

"Danish Cedar Falls: The Immigrant Experience" tells the story of the Danes who settled in Cedar Falls starting in 1855 and their contributions to the business and cultural life of the city and their gradual assimilation into the community.

**Jon Tehven**, assisted by **Keith Jorgensen**, proceeded with the installation of *Soglimt's* 2019 officers. **Keith** accepted the Lodge gavel and began his third consecutive term as **President**.

Congratulations to **Dave Palmer**, winner of the drawing for a Lodge dinner.

**Food Coordinator Linda Slattenow** presented the CFWC with the results of the evening's collection on their behalf.



Respectfully submitted,

**Eunice Becker, Secretary**

**Lodge Member News**

**Clare Palmer** has put out a call for the return of **A Man Called Ove** that is missing from the Lodge Library. Please return as soon as you have finished reading it.

**Sunshine Chair Bev Haugen** reports that both **Joel Johnson** and **Lis Konig** are recuperating after recent hospitalizations. She also reported sending a "thinking of you" card to long-time member **Dorothy Sundet** at her residence at Bartels in Waverly.

**Ron and Sharon Lance** send greetings from Texas. Ron is recovering from hip surgery.

If you know of anyone who could use a little sunshine, contact **Bev** at

**Western Home Communities  
5300 Main Street #45  
Cedar Falls IA 50613**

**[bhaugen@cfu.net](mailto:bhaugen@cfu.net) or 266-2269**

## Strategic Planning Committee (SPC)

For several months the Strategic Planning Committee has been brainstorming and considering activities to promote and grow Solglimt Lodge, always keeping in mind the mission of Sons of Norway. In doing so, the SPC developed the following:

### Solglimt Lodge Goals

Membership grows at an annual rate of 5%.

Approximately 30% of the membership make annual contributions to the SON Foundation.

25% of our members are Benefit members

40% of our members attend lodge meetings.

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### Going Forward

To achieve the above goals, the following activities are proposed:

#### 1. Parades

- Sturgis Falls Days: June 28, 29, 30
- Heritage Days, Waverly, July 20

To achieve this, we need help for:

- A place to store our boat
- Someone to bring it to the parades
- Someone to pull in the parades
- Someone to maintain the boat
- Members to prepare the boat for parades

#### 2. Food Bank

As a Lodge we have been very supportive of the Food Bank with both food and financial donations. We can do more.

Solglimt Lodge is now a registered volunteer organization to assist the Food Bank at its Waterloo location. Members of the SPC will visit the Food Bank and determine what activity would be appropriate for us and when we could do it. This is a work in progress.

#### 3. Nordic-American Thanksgiving Breakfast

Each year prior to Thanksgiving the SON sponsors a Nordic- American Thanksgiving breakfast in Minneapolis.

The SPC has approved our sponsoring such an event, and we will begin planning such an event in Cedar Falls.

This is a work in progress.

#### 4. Possible Cultural Trips

- Nordic Fest in Decorah, July 25, 26, 27
- Creamery Theatre, Amana - in the Fall
- Ibsen Theatre, Lanesboro, MN - TBA
- Stoughton, WI., May 17, 18, 19

#### 5. Continuing activity

- Waterloo Culture Fest in April
- Sturgis Falls - food booth

#### 6. Communications

- Our web site: [ww.solglimt.org](http://ww.solglimt.org)
- Face book: we will have our lodge on Face book

#### 7. More Visibility

- Purchase vests identifying us as SON/Solglimt Lodge to wear at events/activities.

Committee members: Keith Jorgensen, Eunice Becker, Dottie Roiseland, Duane Lindberg, Clare Palmer, Robin Voster, Jon Tehven



**SONS of  
NORWAY**



## Solglimt Officers and Contacts 2019

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## Sons of Norway Benefits

To learn more about the many financial benefits offered by Sons of Norway, Contact our Benefit Counselor

Scott Johanssen, FIC  
Riverland Insurance Group  
1970 Spruce Hills Drive  
Bettendorf IA 52722  
Phone: 563-503-5400  
Cell: 563-543-5157



Download from  
Download.com

## Culture Fest 2019

Solglimt Lodge will once again participate in the Waterloo Culture Fest on April 4, 5-7:30 pm at the Waterloo Center for the Arts.

We need members to bake **Kringle!** If you can help us, notify **Pam Flanders, 939-1266** [mpflanders@mchsi.com](mailto:mpflanders@mchsi.com)

Cannot bring the *kringle* yourself? Contact Pam who will contact someone to bring it for you!



## Food Bank

At the February Solglimt Lodge meeting, members contributed 22 pounds of canned goods to the North East Iowa Food Bank.

97% of donations to the Foodbank are used to provide food for children and others who need it. In 2018 meals were provided through the Cedar Valley Food Bank, SNAP program, Mobile Food Pantries, Elderly Nutrition Program, BackPack Program, Kids Café, and Summer Feeding.

Your donations do a lot of good! If you can, send a contribution to the Foodbank during March and April, and it will be matched, so it will double in amount! To have your donation automatically deducted from your checking account, savings account, or credit card, contact the Northeast Iowa Food Bank at 235-0507. To donate securely online, visit [www.northeastiowafoodbank.org](http://www.northeastiowafoodbank.org)

You can mail a contribution to the **Northeast Iowa Food Bank, Box 2397, Waterloo, IA 50703**, or bring a check to our March or April Lodge meeting, and it will be delivered for you.

Remember to bring food and items such as toilet tissues and other "paper" goods to our meetings.

## Sturgis Falls 2019

Sturgis Falls Celebration is set for June 28-30<sup>th</sup> with the theme "Happy Trails". Mark your calendars and join us for a fun and busy weekend!



**Joel Johnson** has dusted off the books and dug out his To-Do list for 2019. He will be filing the Vendor Application this week, working on the Food Vendor license forms, looking at the Insurance requirements and running through the inventory sheets to start setting up purchases for this year. Sounds like a lot to do, but it goes pretty smoothly and quickly.

We hope you can join us again this year at the booth. We will be getting the sign-up sheets going soon.

**Joel** is looking forward to another successful celebration and remember----**We can't do it without you!!!**

## A POSTEN Reader's Contest

This month's riddle is: What two food providing organizations are mentioned in this POSTEN?

Send your answers to me during the month of March. The names of everyone who provides correct answers will be entered into a drawing at our May meeting. The prize is still a mystery----.

Also, send any items you'd like to see in the April POSTEN no later than April Fool's Day! Send to:

**Gloria Tehven**  
1507 Hickory Heights Drive  
Waverly IA 50677  
352-6094  
[gtehven@live.com](mailto:gtehven@live.com)

## ***Kalender***

Mar. 5: Business Meeting  
Mar. 17: St. Patrick's Day  
Mar. 18: Book Club  
Mar. 20: First Day of Spring!!  
Mar. 26: Lodge Meeting  
"Preserving the History of  
Luther College"  
Presenter: Haley Jackson  
Apr. 2: Business Meeting  
Apr. 4: CultureFest  
Apr. 15; Book Club  
Apr. 21: Happy Easter!  
Apr. 23: Lodge Meeting  
"The Norwegian 99<sup>th</sup> Infantry  
Battalion of WWII"  
Presenter: Bruce Bjorgum  
June 28-30: Sturgis Falls Days

## **Some Viking/Irish History**

The Vikings who came to Ireland from 795 AD to 840 AD were mainly from the area now known as Norway. The Danish Vikings came to Ireland from about 849 AD and fought the Norse Vikings.

In 1024 AD, after more than 2 centuries of raiding and fighting and pagan idolatry, King Olav intensely persevered and Christianity was accepted as the official "faith" in Norway.

Following is a recipe for Viking Style corned beef roll-ups to make for St. Patrick's Day.

(Borrowed from the March 2017 Newsletter of Sol Byer Lodge in Sun City, Arizona.)

**Solglimt POSTEN**  
**Gloria Tehven, Editor**  
**1507 Hickory Heights Drive**  
**Waverly, Iowa 50677**

## **Happy St. Patrick's Day!**



### **Viking Style Corned Beef Roll-Ups**

Ingredients: 1 8oz. cream cheese, softened  
3 T. spicy brown mustard  
¼ t. prepared horseradish  
5 10 in. rounds of lefse at room temperature  
7 2 oz. packages of thinly sliced deli corned beef  
15 thin slices Jarlsberg or other Swiss cheese  
1 14 oz. can of sauerkraut, rinsed and well drained

Directions: In a small bowl, beat the cream cheese, mustard and horseradish until well blended. Spread a heaping tablespoonful of this mixture over each lefse round.

Layer each lefse round with eight slices of corned beef, three slices of cheese, another heaping tablespoon of cream cheese mixture and ½ cup of sauerkraut. Roll up tightly. Chill for one hour. Cut each roll-up into ½ inch slices. Yield: about 8 dozen.

***Vaer sa god!***

