

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 its members.

Syttende Mai Celebration
Tuesday, May 16, 2017

(Note: This is a week earlier than usual!)

Cedar Falls Woman's Club
3rd and Clay Street, Cedar Falls IA
Dinner: 6:30 pm **Cost: \$16.00**

Menu

Lutefisk and Meatballs
Parsley'd Potatoes, Sweet Cabbage
Lefse, *rommegrot*, Sweet Soup
Norwegian Pastries



Members of the Lodge are invited to bring Norwegian Pastries to share. In addition, **Carol Schultz** will bring *Lefse*, **Christa Hanson** will bring *rommegrot*, and **Percy Slattenow** will bring fruit soup.

“Our Stories”

We will have an opportunity to share stories from our own Norwegian heritage as we reflect upon our own traditions, tales, and remembered experiences from our past. We will laugh and perhaps shed a few tears as we bring to mind our dear friends and families with our memories from our past that we hold dear.

There will also be an opportunity to share stories about *Solglimt* Lodge—how much we enjoy our Lodge and how we can make it better! We will also give folks an opportunity to express their thoughts as they relate to the Strategic Planning process we have now begun.

Reservations by Thursday, May 11th. Cancellations by Saturday, May 13th. 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

Mmm...I think I smell the aroma of *lutefisk*. It must be May! Indeed, it is! And speaking of *lutefisk*, and I'm not sure many do, we all have a chance to invite our friends and neighbors to our May meeting. Let's fill the room! And it is just a guess, but if your friends are willing to take on a plate full of *lutefisk*, they surely have an interest in things Norwegian and would be great candidates for joining our lodge.

Once again Cultural Fest was a successful adventure for the lodge. My apologies to **Pam Flanders** for not thanking her at our lodge meeting. She did a great job of pulling us all together, and she did it while dealing with some personal health issues. *Mange takk, Pam!* And thanks to all the rest of you who helped with our table that evening and supplied *kringle*. Thanks to **Carol Schultz** for donating *lefse* once again. Both of our “goodies” were a big hit with the crowd.

Strategic planning is under way! We held our first meeting a week ago and used it to get a basic understanding of what we want to accomplish as we move forward. Understand this will neither a short or fast process. We have much to consider and give serious thought to in order to grow our lodge and insure future success.

(*Fra Presidenten* continues on next page)

(*Fra Presidenten*, continued)

Opportunities for each of you to contribute to the process will come about over the next weeks and months, so be thinking.

Please be generous in helping **Joel Johnson** put together another Sturgis Falls Days food booth. Your time in staffing the booth, your contribution of Norwegian "goodies" to sell, and any level of cash donation to complete our annual fund raiser will be most appreciated.

[NOTE: See the staffing schedule at end of this *Posten*. Call or email Jon Tehven to let him know when you can work. 319.352.6094/tehven@msn.com]

As summer approaches, May is our last monthly meeting until August, so I encourage each of you to do your best to join us at our May meeting and enjoy the opportunity to experience some of the Norwegian culture and heritage we always promise. There will be *lutefisk* on the table! And, there will be meatballs for those of you who have yet to acquire a taste for *lutefisk*, plus other Norwegian goodies. Oh, yes, and bring a friend!

Keith Jorgensen, *Presidenten*

Secretary's Notes, Apr. 4, 2017 Business Meeting

President Keith Jorgensen called *Solglimt's* monthly business meeting to order on Tuesday, April 4, at his residence in Cedar Falls. In attendance were **Dottie Roiseland, Gloria Tehven, Chris Johnson, Kathy Schuhmacher, Jim Miller** and **Eunice Becker**.

Minutes of the March meeting were reviewed and approved as written (**Kathy/Chris**.)

Treasurer Jim Miller's report showed a balance of \$3,139.64 in the Lodge operating account with expenses of \$1,395.18 and receipts of \$956 during the month.

A total of \$214 had been collected for the Northeast Iowa Food Bank at the March Lodge meeting which included a \$50 budgeted donation from the Lodge. Treasurer's report accepted (**Jim/Dottie**.)

Jim shared a DVD of a performance of *The Uprooting*, a play performed by a group from Duluth. Sent as a thank you gift for the Lodge donation which helped make it possible for the group to accept an invitation to present the play in Tysvær, Norway, during its Midsummer Festival in June, **Social Directors Chris Johnson** and **Kathy Schuhmacher** will preview the DVD for possible showing at a future Lodge meeting.

Vice President Dottie Roiseland had information on Sons of Norway's "Growing to 2020" member recruitment drive, a promotion to acquire 3500 new members this year. She distributed pins to the officers present to promote awareness (see April ***Posten*** for further details.)

Solglimt's current membership is 109, with one new member added since the last report.

Social Director Kathy Schuhmacher noted that plans are in place for the April meeting on the 25th with Jennifer Kovarik of Vesterheim and her presentation "When Disney Called."

Editor Gloria Tehven requested reports and news items for the next issue no later than April 26 due to an early May deadline.

Details regarding Thursday's CultureFest at the Waterloo Center for the Arts were discussed. *Kringle* and *lefse* for patron sampling and artifacts for displaying were lined up as well as volunteer staffing. **Keith** is in contact with organizer **Pam Flanders**.

A strategic planning meeting was scheduled for Thursday, April 20th at the Jorgensen residence, 3pm.

Plans for the Sturgis Falls event are on track under the leadership of **Joel Johnson**.

A discussion followed on arrangements for an Officers Workshop to be held Saturday, May 13, at St. Paul's Lutheran Church in Waverly. Those planning to attend should notify **Keith** by the April 25th Lodge meeting so that he can meet the May 1st deadline for reservations.

As there was no further business, meeting adjourned.

Respectfully submitted,
Eunice Becker, Secretary

Book Club

The May meeting of the Book Club will be a lunch at "Whiskey Road" in Cedar Falls on Thursday, May 18th at 11:30 am. They will discuss the book *The Readers of Broken Wheel Recommended*,



which was the April book, since there were only a few at the April meeting. The group will also talk about the books of the past year and the books to read in 2018.

At the April meeting the book *The Vikings: a History* was presented to the members attending to be passed around.

The members of the club will each read a different portion of the book, to be discussed during the September Book Club meeting. The book is lengthy but very interesting and well worth reading. It will be in the *Solglimt* library ready for checking out after the September meeting.

If you have questions, contact
Marilyn Young
319-830-3400 or
mjyoung@cfu.net

Secretary's Notes, April 25, 2017 Lodge Meeting

Solglimt's monthly Lodge meeting was called to order by **President Keith Jorgensen** on Tuesday, April 25, at the Cedar Falls Woman's Club.

Following his welcome the anthems, Pledge of Allegiance and table prayer were sung and recited.

As dinner was being served, **Jon Tehven** circulated a sign-up sheet for this summer's Sturgis Falls booth staffing and donations of food and cash.

A basket was also circulated for Food Bank donations. (Ed. Note: **Linda Slattenow** reported that \$158.35 was collected!)

Guest Caitlyn Bauler, Waterloo, was introduced and welcomed. She is the granddaughter of **Joel and Chris Johnson**.

Musician Kathy Schuhmacher and **Duane Lindberg** led the singing of *Kan du glemme gamle Norge?* and *Nidelven*.



"Happy Birthday" was sung to those celebrating April birthdays.

Social Director Kathy Schuhmacher introduced the evening's program presenter, Jennifer Kovarik, Vesterheim Archivist of Decorah.



With the aid of slides she shared photos and described artifacts from the Vesterheim collection that

are currently on loan and displayed at the *Norsk Kulter* exhibit at Epcot in Florida. Scenes from the movie "Frozen"



showed how these objects, which include clothing, furniture, tableware and jewelry to name just a few, influenced Disney animators in the production of the film based on Hans Christian Andersen's story "The Snow Queen."

An interesting Q & A session followed Ms. Kovarik's "When Disney Called" program.

Sturgis Falls Coordinator Joel Johnson encouraged volunteers to sign-up for time slots and donations on the form being circulated.

Keith reported on the initial Strategic Planning meeting. Lodge strengths, weaknesses and challenges were discussed and objectives and how to achieve them are to be determined. The next meeting is scheduled for Thursday, May 18.

Sports Director Jim Walsh presented **Jon Tehven** with bronze medals in both *gangmerke* (walking) and *idrettsmerke* (general fitness) as part of the Sons of Norway Sports Medal program. **Jim** also had cards for tracking hours in these and other sports activities for those interested.

Coordinator Dave Haugebak had already completed this spring's highway clean-up as part of the Lodge Adopt-a-Highway project. *Tusen takk, Dave!*

Dr. Lindberg and **Mardell** had been to the Commonweal Theatre's production of Ibsen's final play "When We Dead Awaken." He highly recommended a trip to Lanesboro, Minn., to see

this powerful play which runs through June 17.

Congratulations to **Don Meyer**, winner of the drawing for a Lodge dinner.

As there was no further business, **President Jorgensen** declared the meeting adjourned.

Respectfully submitted,
Eunice Becker, Secretary

Lodge Member News

Congratulations to **Duane Lindberg**, whose novel The Kingdom of the Rings was nominated "Book of the Year" in Historical fiction.



Marcia Klinefelter was one of the performers in the 2017 Shell Rock swing show. She sang in the chorus, sang and danced in two songs ("Kansas City" and "Route 66"), chaired the Choreography committee, and was a production associate.

Jon and Gloria Tehven send greetings from **Dorothy Sundet** who they visited recently.

Sunshine

Bev Haugen reports that **Axe** is currently at the Western Homes Martin Center. It was noted that **Phyllis Ver Ploeg** had been hospitalized. We wish her well.

If you know of anyone else who could use a little sunshine, contact:

Bev Haugen
Western Homes Communities
Cedar Falls, IA 50613
(319) 266-2269
bhaugen@cfu.net

Culture Fest 2017

The 10th Annual Culture Fest, a celebration of diversity, was held Thursday, April 6th, at the Waterloo Center for Arts from 5:00-7:30 pm. The event consisted of many diverse performances, cultural exhibits, international cuisine, crafts and games. The celebration is attended by hundreds of children and adults each year.

Our exhibit had Norwegian artifacts brought by **Gloria Tehven**, our Norwegian flag hung on display by **Keith Jorgensen**, Norwegian *lefse* made by **Carol Schultz** and *kringla* samples brought by **Cheryl Moore**, **Chris Johnson**, and **Pam Flanders**.

Joel Johnson also worked at the exhibit. We shared our Norwegian heritage, food and hospitality with the attendees.

Numerous times we heard "I love this food!" The Courier interviewed an attendee who said her favorite food was the Norwegian cuisine!!! This is a great and traditional community event!!! A big thank-you to all who were involved.

Plus a special thank-you to **Pam Flanders** for heading up our participation in the Culture Fest and for providing this article!



Ibsen Fest

For the last two decades the Commonweal Theatre has been bringing Henrik Ibsen's works to life in Lanesboro, MN. with an "IbsenFest". But this year the curtain closes on the event, with the presentation of Ibsen's final play, "When We Dead Awaken". After much deliberation, Commonweal decided that the 20th Annual Ibsen festival to celebrate the Norwegian playwright will mark the end of the event.



The 2017 Ibsen Festival was the weekend of April 21-23rd. Henrik Ibsen will now take his place in the line of other classic writers which the Theatre will choose to feature.



The good news is: The play, "When We Dead Awaken" will be performed several times during May and June. To learn the dates, call the Commonweal Box Office: (800) 657-7025, or call **Gloria Tehven, 352-6094**.

Sons of Norway Benefits

Did you know that Sons of Norway has a policy that you can purchase for your grandchildren? You can take a little bit of money and put it in a life insurance policy for you grandchildren. You can still be the owner of that policy and control it. But down the road when you're gone they will have something that is going to continue to build in value.

And you are doing them a favor by protecting their insurability. In other words, if they become diabetic or if they have some disease come up, you've already taken care of making sure they will be able to have some life insurance protection. That's a pretty powerful gift!

Among the many great products SofN offers is a life policy that you can purchase for your grandchildren or other relatives. The value of this gift is priceless. It is a forward-thinking gift that will benefit them throughout their life.

This product is used for children, but can also be purchased for a family member who recently had a baby or bought their first home. If something were to happen, this policy would help pay the home off or take care of the new baby. The younger the relative you purchase a life policy for, the cheaper the premium.

Unfortunately, some children and young adults are diagnosed with diseases such as juvenile onset Diabetes, which is on the rise. The goal should be to get an affordable policy in place prior to life altering events. If a policy is not in force for them and a diagnosis is found that has longstanding characteristics, you will either pay more or not be able to purchase any policy at all!

Life insurance is tax free to the beneficiary, and that is another benefit we should include as we list the positives on the child or policy, or any life policy! When a child reaches the age of majority, the policy can be converted to a more suitable policy for an adult.

Contact your Sons of Norway's Licensed Benefit Counselor to set up an appointment or to ask questions.

Eldon Neighbor,
319-350-9101,

neighbor93@gmail.com

or

Mary (M. E.) Levsen, 319-538-5933

levsen@neighborinsurance.com

2016 Sports Medal Report

For 2016 the following medals have been awarded to *Solglimt* Lodge members:

Jon Tehven: Bronze in both *Gangemerke* (minimum 100 miles walked) and *Idrettsmerke* (minimum 1050 points).



Duane Lindberg: Bronze in *Skimerke* (min. 25 kilometers skied)

Jim Walsh: Enamel in *Sykkemerke* (minimum 600 miles biked), silver in *Idrettsmerke* (minimum 1500 points earned) and bronze in *Gankmerke* (minimum 150 miles walked).

If you have any questions or would like to log, please contact **Jim Walsh** at (712) 269-1038.

(Ed. Note: Thank-you to **Sports Director Jim Walsh** for this report.)

Strategic Planning Meeting

Chris Johnson, Gloria Tehven, Eunice Becker, and Duane Lindberg joined **Keith Jorgensen** on Thursday, at 3pm, April 20th, for an initial Strategic Planning meeting at the **Jorgensen** residence.

Objectives were discussed and suggestions shared on how to reach them. Items included member recruitment and retention and meeting attendance, among others.

Another session is planned for Thursday, May 18th, at the same time and place.

(Report by **Eunice Becker**)

2017

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Treasurer's Report For Period Ending 4/30/2017



1. Savings/Checking Account	
Balance, 4/1/2017.....	\$3139.64
Receipts.....(+)	657.97
Interest.....(+)	15.92
Sub Total.....	\$3813.53
Disbursements.....(-)	809.67
Balance, 4/30/2017.....	\$3003.86
2. Certificates of Deposit	
4 \$1000 Certificates....	\$4000.00
3. Savings Bonds (none)	
4. Cash on Hand.....	\$50.00
Total Financial Assets, 4/40/2017	
	\$7053.86

Officer Training Workshop

Saturday, May 13th

All *Solglimt* officers (and any others that can/want to attend) are encouraged to attend a workshop for Zone 7 of Sons of Norway on Saturday, May 13th at St. Paul's Lutheran Church, 112 2nd Avenue in Waverly.



k19146351 fotosearch.com ©

The workshop begins at 10 am and should be over at 2 pm. Dennis Rusinko, the President of District 1 will be the workshop leader.

More information will be provided at the *Solglimt* Business meeting on May 2nd.

Editor's Note: If you have any friends that you would like to invite to our *Syttende Mai* meeting and if they want to know what *Lutefisk* is, here's a "good" definition:

Lutefisk

Lutefisk is a Scandinavian dish made from cod soaked in lye for an extended period of time, or by some modern, scientific method, and usually prepared at holidays or on special occasions. *Lutefisk* gets its unique aroma from being cooked. It is then sprinkled with warm memories and served with love. (*Lutefisk Buffet*, by Ed Fisher, p. 96)

If you have any news that you want or need to have in our June POSTEN, send it to:

Gloria Tehven
 1507 Hickory Heights Drive
 Waverly IA 50677
 (319) 352-6094
gtehven@live.com

Work Crews 2017

Thursday, June 22- Set-Up: 2 - 5 pm

Joel Johnson _____
Chris Johnson _____
Dave Haugebak _____
Karolyn Haugebak _____
Bill Hanson _____

Sunday, June 25 - Take-Down

Joel Johnson _____
Dave Haugebak _____
Karolyn Haugebak _____
Bill Hanson _____

Friday, June 23 – 10:30 am-9:00 pm

10:30 – 5:00 –
Chr: _____

10:30 am – 3:00 pm
Karolyn Haugebak _____
Dave Haugebak _____
Need 2

NOON
Bob Haugebak _____
Jean Haugebak _____

5:00 – 9:00 – Chr:

2:30 pm – 6:30 pm
Steve Norby _____
Jon _____
Tehven _____
PamFlanders _____
Joan Headington _____
Need 3

6:00 pm – 9:00 pm
Don Meyer _____
Need 6

Saturday, June 24 – 9:30 am –9:00 pm

8:30 – 2:00:
Chr: _____

9:30 am – 12:30 pm
Gloria Tehven _____
Jon Tehven _____
Don Meyer _____
Need 3

2:00 – 9:00 Chr:

Noon – 4:00 pm
Mardell Lindberg _____
Duane Lindberg _____
Need 8

3:30 pm – 6:30 pm
Need 8

6:00 pm – 9:00 pm
Dottie Roiseland _____
Audrey Fimreite _____
Need 5

Sunday, June 25 – 9:30 am – 5:00 pm

9:30 - 2:00 - Chr:

8:00 am – 11:30
Jon Tehven _____
Kathy Schuchmacher _____
Need 4

2:00 – 5:00 Chr:

11:00 am – 3:00 pm
Need 9

2:30 – 5:00 pm (Also, take down)
Dottie Roiseland _____
Need 6

Food - Friday

Name

Food

Gloria Tehven _____ bars
Margaret McCombs _____ bars
Pam Flanders _____ Kringle

Saturday

Name

Food

Gloria Tehven _____ bars
Kathy Schuchmacher _____ bars

Sunday

Name

Food

Gloria Tehven _____ bars
Kathy Schuchmacher _____ CRolls-2 pans
Dottie Roiseland _____ CRolls-2pans

Each Day

Name

Food

Percy Slattenow _____ Sweet Soup

Donations

Jon & Gloria Tehven _____
Hovey Brom _____
Eunice Becker _____
Margaret McCombs _____
Beebs Downing _____
Shari Cornish _____

Bring your cash donation to the May meeting, to the booth during your work time, or send to Solglimt Treasurer:

Jim Miller
1724 Four Winds Drive
Cedar Falls, IA 50613

Kalender

May 2: Lodge Business Meeting

May 13: Officer's Workshop

May 14: Happy Mother's Day!

**May 16: Lodge Meeting
Syttende Mai Celebration
"Our Stories"**

May 17: Happy Syttende Mai!

**May 18: Book Club Lunch
Strategic Planning Meeting**

May 29: Memorial Day

June 6: Lodge Business Meeting

June 18: Happy Father's Day!

**June 23-25: Sturgis Falls
Celebration
"Let the Band Play On"**

Solglimt Posten

Gloria Tehven, Editor

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