

# SON Restauration Lodge

## March/April 2026



## Upcoming Meetings

March 10, 2026 at 7:00

April 14, 2026 at 7:00

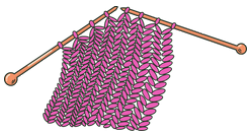
## Programs

**March--The Norwegian Embassy in Washington D.C  
by Kathleen Almelién**

**April--Norman Borlaugh by Lori Lane**

sKandanavian Knitters

Meet Mondays from 10-12 at Feedwell Bakery and Kitchen



Book Club

Meet the 3<sup>rd</sup> Wednesday at 1:00  
at Kari Harper's House

Hardanger

No schdule currently  
Contact Sheri Ekstrom if interested.



All groups can be reached through the lodge email.  
[www.sofn-cedarrapids.org](http://www.sofn-cedarrapids.org)

A special thank you was given to our President, Barbara Erickson, Program Director, Cindy Monroe and Membership Secretary/all around good guy, Alan Erickson, for their dedication to our lodge. They were presented with paperclip note holders. Please refer to your December 2025 newsletter for the details about paperclips.

Our Barbara's led us with cheer,  
 Year after dependable year.  
 She wrangles the crew,  
 Knows just what to do,  
 And somehow makes challenges disappear.



## Birthdays

### March

Robert J Erlandson  
 Kerith Lucille St Louis  
 Mary M Durspek  
 Ellen Susanne Holstein  
 Kari Harper  
 Karl M Knutson  
 Ingrid Naesse

### April

Patricia R Knutson  
 Richard K Isaacson  
 Erik K St Louis  
 Ann M Gesme  
 CJ Flynn  
 Ryal Hanson  
 Owen Hanson  
 Larry George Kurth



It is with great sadness to learn about the passing of former Restauration Lodge member, Dr. Ronald Larson, DVM. A Memorial Service will be held at 11:00 a. m. on Saturday, February 21, 2026, at Our Savior's Lutheran Church (3634 1st Avenue NE, Cedar Rapids, Iowa. [Obituary is here.](#)

\*Takk to everyone who played the card game, Mattis, last meeting.  
 A cheer to the good sports who lost the games and were called FOOLS.  
 Your pictures in foolish hats are on the front page of this newsletter!

Sons of Norway Restauration Lodge Minutes  
**January 13, 2026**

Barbara Erickson called the meeting to order at 6:11 p.m.

Dinner by L.J.'s

Book club will take place at Kari Harper's house on January 21, 2026. The book is A Malmo Midwinter by Torquil MacLeod.

All of the calendars have been sold by Lois.

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Restauration Lodge Minutes  
February 10, 2026

The meeting was called to order by President Barbara Erickson at 7:05 pm.

Book club will meet next week at Kari Harper's home. The book read this month is A Saloonkeeper's Daughter by Drude Krog Janson.

June 25-27 meeting with Cindy in Wilmer, Minnesota. If anyone is wanting to also attend the meeting, please contact Cindy.

The Vesterheim catalog came today.  
Arden and Lois are on vacation so there is no Treasurer's Report.  
Milt is zooming from the hospital.

Program—Briana Smorstad  
Seed Savers Conference—Seed Saver program in Norway  
First incoming zoom meeting for our lodge.

More Meeting Information

There are 26 members present.

There was a Loki presentation on Sunday, Feb. 8, 2026. This was presented by Vesterheim.

Kathleen is going to Norway for a weaving workshop.

Hostesses for March are Kari and Thea.

Britta's book has a website: [www.100bunnies.com](http://www.100bunnies.com) She did an interview that will be heard around the world.

## PROGRAMS

We, the committee for scheduling programs for the Restauration Lodge of Sons of Norway are reaching out to members to ask what subjects they are interested in for future programs, and which programs they would like to organize or take part in. The following are just a few of the ideas we thought of, but we know your interests are wide and diverse: and you can inform us of other program topics or shared experiences like arts and crafts.

- Why does Norway dominate the Winter Olympics? What is their secret?
- Compare the Norwegian and the US Justice systems.
- Compare the Norwegian health system to other countries.
- Is Norwegian culture turning in the right or the wrong direction?
- Does Norway have a cuisine? Pro and Con.
- What is Friluftsliv?
- Why did people leave Norway for the U.S.?
- Selected Norwegian short movies.
- Invited speakers from Luther College and other places.

Let us know what your interests are. Don't be shy.  
And what programs would you like to do?

- Hilsen fra Cindy, Marilyn, Helen, and Arnie



## Last month's program Seed Savers by ZOOM

Seed Savers Exchange is a renowned organization dedicated to preserving heirloom seeds and promoting biodiversity in gardening and agriculture. They source their seeds through a network of passionate gardeners and farmers who donate seeds from their own collections. This allows them to maintain a diverse library of plant varieties that might otherwise be lost to modern agriculture. The turnip tubers donated by a former member like Travis Cleveland are a great example of how individuals can contribute to this mission. Such contributions help ensure that unique and heritage plant varieties continue to thrive for future generations. By sharing these seeds, Seed Savers promotes sustainable agricultural practices and enriches our global food heritage.



Sons of Norway members, Brytta and Judy Fitzgibbons published their whimsical children's book last fall. It's written for 4-to-8-year-olds and would make a fun addition to someone's Easter Basket. Hardcover books are \$26.00 and softcover \$15.00, including sales tax. They can be purchased directly from Brytta and Judy (they'll bring signed copies to the March lodge meeting) or purchased online at [www.100bunnies.com](http://www.100bunnies.com) or from Barnes and Noble and Amazon.

The Bunny family decides to go on a quest to find carrots, pickles, and trickies so they can bake a Tricky Pickle Carrot Cake. Although they have seen tricky plants growing in Mr. Foxington's garden, the Bunny mother said they should never go into his garden—like she did when she was a teeny tiny Bunny—and take anything without being invited first. Always the responsible Bunnies, the group heads to the farmers' market for their ingredients. But when they can't find trickies anywhere, will the Bunnies do the right thing? In this whimsical story, a group of Bunny siblings who have learned to accept and love all creatures must work together while searching for the ingredients for a special cake.



Sons of Norway and Restauration Lodge member, Ellen Holstein, invites you to her [website](#) to see her designs and download them for FREE for 2026! She says: I learned that the most powerful motivator to capture interest and learn is to be working on something that challenges you and rewards you with unfolding beauty and a sense of accomplishment. She is also found at [Ravelry.com](http://Ravelry.com).

On Instagram, I follow a lot of Norwegians and they post about every subject you can think of. Currently this Lodge Book Club is reading, "How to Be Norwegian." It's very fun to read. A woman who calls herself "Home of the Fjords" has given an updated view on the usual ideas about being a Norwegian tourist.

She writes, "Want to see a Viking lose their cool? Most people think Norwegians are "chill." And we are until you start treating our backyard like a theme park.

## The truth bomb

First things first: We actually like you 😊

Norwegians are some of the kindest, most helpful people you'll ever meet - once you break the ice. But we have two non-negotiable "love languages":

**1: Extreme Privacy:** We value personal space like it's oxygen.

**2: Pristine Nature:** The land isn't just a "backdrop" for us; it's our heritage.

## The 150-meter privacy wall

**The audit:** Can you see the curtains of the nearest house?

**The explanation:** By law (Allemannsretten), you must be at least 150 meters (500 ft) from the nearest inhabited house or cabin.

**The "Piss off" factor:** If you camp right in someone's "view," you aren't being an adventurer - you're being an intruder.

**Pro-tip:** If you can see their porch light, you're too close. Move further out.

## The "cultivated vs. wild" trap

**The audit:** Are you standing on a mowed field or "raw" nature?

**The explanation:** You can only camp on Utmark (uncultivated land).

**The "Piss off" factor:** That beautiful green field? It's likely a farmer's crop or grazing land. Walking or camping on it ruins their livelihood. Farmers have been known to block vehicles from leaving until the tourists beg for forgiveness and pay the fine. And never, ever camp in graveyards (yes, that happens).

**Pro-tip:** If the ground looks like it was touched by a tractor, "keep moving. Stick to the rocks and the forest.



## The "off-road" van mistake

**The audit:** Is your van on the grass or on the gravel?

**The explanation:** In 2026, driving off-road is a massive "no-go."

**The "Piss off" factor:** Tire tracks on the moss or tundra take decades to heal. Driving into a "wild" spot for a photo is the quickest way to get a heavy fine and a very angry local neighbor 🍷

**Pro-tip:** Park on a "hardened surface" (gravel/pavement) and walk into the nature.

## The "leave no trace" audit

**The audit:** Are you prepared to carry everything out?

**The explanation:** With record tourism in 2026, "human waste" and trash are ruining the trails.

**The "Piss off" factor:** Leaving toilet paper behind a rock is considered a direct insult to the land. And it turns out everyone is using the same rocks. You don't want to go there 🍷

**Pro-tip:** Use a "wag bag" or public toilets. In remote and not so crowded places, it's OK to dig a hole to do your business. If you "leave no trace," you'll always be welcome back 🍷

## Optimize your adventure! 🏔️🌟

Don't miss out on the trip of a lifetime.

Norway's rules (and the best hidden spots) are changing fast.

**TAP SAVE** so you don't accidentally "poke the Vikings."

**HIT FOLLOW** for real-time 2026 updates and local travel hacks.

**SEND** this to a friend who also plan to travel to Norway.