

SynNor Brevet

Published monthly by

**Synnøve-Nordkap
Lodge #1-008**



**February 2008
Number 8:2**

Voice Messages: 651-762-7872

<http://home.comcast.net/~synnove1> or <http://clik.to/synnove1>



TAKING AN OBSERVATION AT THE POLE.

Join us for our February meeting, where Craig Zuidema will give a presentation about Roald Amundsen's history and achievement of the Northwest Passage, the conquest of the South Pole, and briefly on his later exploits in the arctic revealing his personality as the world's foremost polar explorer.

Craig Zuidema is a charter member of the Fjell Syn lodge of Sons of Norway in Moundsvie and currently Sports/Youth director for the lodge. His interest in Norwegian culture led him to discover the rare quality of character of Roald Amundsen, one of the most famous polar explorers in the world, and his great achievements in polar exploration. Craig is an automobile technician employed by Identifix, an automotive technical helpline.

Scandinavian Culture and News

Are Mountain Farms Disappearing?

The classic Norwegian seter, featuring a simple wooden cottage and barn where goats, sheep and cattle come to be milked after a day of grazing on the mountain grass, is under threat.

Newspaper *Aftenposten* reported recently that nearly 100 setre (the plural form for "seter") were shut down in just one year, from 2005 to 2006. More and more of the historic little mountain farms, which generally have been tied to larger farms at lower elevations, are no longer being used. They can be seen scattered around the countryside all over the country, but many are concentrated in Valdres, Gudbrandsdalen, and Nord-Østerdalen. In 2006 there were about 1,150 seter still in operation, plus slightly more than 200 operated by farmers who've joined forces.

More and more, however, are now abandoned, sitting empty and without any livestock. The farmers who used them to take their livestock to better summer grass at the higher elevations can't justify them economically anymore. The seter closures also reflect a reduction in the number of farms in Norway. Today there's only about one seter for every farm in Norway.

Some of the "setre" though, are being used as holiday properties, while others are enjoying a renaissance fueled by idealists who are carving out an economic niche with them, based on organic products and tourism. Jorunn Hagen, for example, held an "open seter" this past summer at the seter that's been in her family for generations. Three times a week, she opened her gate to visitors, selling coffee, jam and a heavy pancake known as "lapper." Hagen was amazed at how popular her "open seter" was. "It exceeded all expectations," she said, noting that she sometimes had more than 40 visitors in her barn and cottage at the same time.

A group dedicated to preservation of the Norwegian seter, "Norsk Seterkultur," wasn't so surprised. Locals and tourists alike are lured by the romance and history of the small scenic farms, and group leader, Geir Grosberg, calls those running the seter "agriculture's last idealists."

Visitors to Hagen's seter in Trettenfjellet, above the valley called Gudbrandsdalen, can hear the history of the property back to 1834. They can pat the goats and even try milking them, and they can eat homemade food, after paying a flat fee of NOK 100 for adults or NOK 250 for family.

It's not exactly a gold mine for Hagen, but her efforts also provide needed public relations for the farming industry. She's keen to convince visitors "that we don't just have a straw to suck money out of the state" through Norway's controversial subsidy system.

There were once 30 setre on the grassy plateau where Hagen's seter is located. Now she and her daughter are all alone, while preservationists hope other seter owners will soon follow her lead.

From: *the Aftenposten*

kv

Norway for an Adrenaline Vacation

The travel guide, Lonely Planet's Blue List, has been a big success since the first edition was released two years ago. Now the third book is here. This time several Norwegian tourist attractions are included in the prestigious book. Adrenaline seekers have good reasons to plan a vacation to Norway, if we are to believe Blue List.

Under the section "Risky Pursuits" two of ten attractions are Norwegian: killer whale safari in Tysfjord and base-jumping in Voss. The killer-whale experience was one of five reasons to travel to Norway in last year's book, while base-jumping and Extreme Sports Week in Voss is included for the first time this year. The week was arranged for the tenth time this summer with 20,000 visitors and 1,200 participants from 20 different nations.

Killer whale safari is noted as an adrenaline kick in water, not least if you take the chance to heave yourself out in the water to swim with the killer whale school which can have as many as 50 animals. In Tysfjord in Nordland, there have been arranged killer whale safaris since the early 1990s. The year's season starts November 1 and lasts until the middle of January.

"We are noticing a lot of inquiries and are almost fully booked for the season," says Arnhild Haraldsen at Tysfjord Tourist Center. "And those that are booking are mainly foreigners.

From: *dagblad.no*.

kv

Synnøve-Nordkap Lodge normally meets on the 2nd Tuesday of the month at 7:00 PM At First Lutheran Church
463 Maria Avenue (at 8th Street East, 2 Blocks North of Metro State University)
Saint Paul, Minnesota 55106 Voice messages: 651-762-7872 (See back cover for officers)
Web Page: <<http://home.comcast.net/~synnove1>> or <<http://klik.to/synnove1>>
Sons of Norway International: <<http://www.sofn.com>>

Lodge News

Dear Members,

This might be a first for the lodge as I am writing this article at 36,000 feet above the ground; sometimes I do my best thinking when I have plenty of “space” in which to think. I did try to talk the pilot into taking a side trip to Norway from Puerto Rico, but I didn’t succeed. I guess he wasn’t Norwegian.

As you know, Sons of Norway, and in particular our lodge, is a great organization because we have great people plus a fantastic heritage to showcase—after all, we are Norwegian! Please remember that all of you, our lodge members, make the lodge great. So we need to keep growing; let’s talk about recruiting new members.

As you know, in April, we will have our new membership dinner, so now is a good time to start talking to your friends, relatives, neighbors, etc. about coming to take a look at what and who we are. We have attractive brochures to give out to prospective new members. Pick one up at the lodge meeting or call me and I’ll send you one. These brochures are meant to give out.

As a reminder, the cost of the dinner for the prospective new member and their sponsor is paid for by the Marketing department of Sons of Norway—more specifically from the insurance profits of Sons of Norway, up to \$400 for the dinner. A point of interest here that I’d like to emphasize is to bring someone that you really expect will join our lodge.

As I mentioned earlier, you all make up the success of the lodge, and programs are important. Please contact Steve Roste with your ideas for forthcoming programs.

The Festival of Nations is closing in—it’s May 1-4. We need volunteers to not only work at the café, but also for the food preparation on the Monday before (April 28). Pat Carlson and myself are co-chairing the event so that Pat learns “the ropes,” as she will be taking it over next year (thanks Pat!). Pat will have the work schedule on hand starting at the February meeting—thanks in advance for your help.

Finally, I am looking forward to serving as your President this year; but I am only one person and am looking forward to seeing more and more volunteers to make this year a great success.

- Len

SYNNØVE-NORDKAP NEW & TRANSFER MEMBERS 2007

Trudi Johnson-Richards, Membership Secretary

Bruce Benschine – Hudson, WI - Transfer
Megan E. Brude – St. Paul, MN
Liv M. Eggen-Benschine – Hudson, WI – Transfer
Betty Bjorndahl Felix – White Bear Lake, MN - Transfer
Kyle Flanagan – Lake Elmo, MN
Mary S. Flanagan – Lake Elmo, MN
Peter J. Flanagan – Lake Elmo, MN
Susan M. Flanagan – Lake Elmo, MN – Transfer
Eugene D. Hanson – Cottage Grove, MN – Transfer
Virginia L. Hough – St. Paul, MN
Fran J. Howard – St. Paul, MN – Transfer
Claire Keller – St. Paul, MN
Edna F. Reasoner – St. Paul, MN
Steve Roste – Roseville, MN – Transfer
Gene L. Shefland – Hudson, WI
Frank Sherman – St. Paul, MN
Laura Sherman – St. Paul, MN
Kay Romness Shores – Stillwater, MN

**Let’s all be sure to
welcome our new
lodge members
when we see them!**

Lodge News

Synnøve-Nordkap Lodge 1-008 Board Meeting Minutes

Board Meeting Minutes, January 2, 2008

Attendees: Len Carlson, Sue Halvorson, Rod Hale, Clay Keller, Trudi Johnson-Richards, Clayton Lance, Mary Beth and David Mutchler, Steve Roste

Len opened the meeting at 7 PM with an overview of the upcoming year.

- Proposed monthly programs for 2008 were discussed. Steve Roste will be in charge of obtaining speakers for the meetings. Suggestions for future programs are welcome from the members as well as board members.
- Steve distributed a handout outlining suggestions for cultural objectives and ideas for fund raising and recruiting younger members.
- Committees and committee heads need to be established.
- Len proposed having 2 membership recruitment dinners instead of 1.
- The summer picnic will be held again in June.
- Lodge members will be asked for suggestions for a lodge trip this summer.
- Rod outlined sports activities for the coming year.

A goal was set for a 5% increase in membership for 2008. Recruitment brochures were discussed.

Patti Carlson will be assisting Len with the Festival of Nations this year and be in charge of it next year.

Clay Keller has information about and applications for scholarships.

The District convention will be held in Mankato June 12 – 14.

Rod Hale will be meeting on January 12 with the committee to revise the lodge by-laws.

The news article deadline for the SynNor Brevet is the 20th of the month. Articles and items of interest from members are welcomed.

Four board members will be attending the leadership meeting on membership January 19.

Rod will attend the Joint Committee Meeting.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, February 5 at the Roseville Library, Hamline and County Road B.

Synnøve-Nordkap Lodge 1-008 Lodge Meeting Minutes

Lodge Meeting Minutes, January 8, 2008

Outgoing president Mary Beth opened the meeting at 7 pm. Mary Beth greeted three visitors, Thea and Terry Schultz from Apple Valley and Sverre Kvenild's niece, Linda, from Seattle.

The recording sheets for volunteer hours were in the November newsletter and should be handed or mailed to Sue Halvorson or Mary Beth Mutchler.

Susan Stowe presided over the installation of the lodge officers for 2008.

Newly elected president Len Carlson reminded members that the lodge belongs to everyone and quoted an article by Mary Beth from the last Brevet regarding this topic. The lodge needs to continue in this vein.

Len presented Mary Beth with a pin for former lodge presidents. Mary Beth received a standing ovation.

There were no additions or corrections to the secretary's report. Clayton Lance gave the treasurer's report.

Clay Keller announced that he has applications for summer camps available and the deadline for application is January 24.

Rod Hale outlined upcoming sports activities with the next event being cross-country skiing in February. Other upcoming activities are bowling, orienteering and letter boxing. He also presented Clayton Lance with a Cycle America Sports Medal.

Susan Stowe announced the Junior Lodge had received a gift of kick sleds and needed volunteers to assemble them.

Sharon Amann reminded members of the upcoming membership dinner in April. If you bring a potential member, your dinner is free. The lodge is looking for younger members so starting thinking of candidates now. Trudi Johnson-Richards, the membership secretary, has applications for new recruits. Len has new brochures available detailing what a membership in the Sons of Norway means for members to use when recruiting.

Greg Hovland is offering free financial reviews and has a form for member to fill out to help get started.

Len reminded members of an article in The Viking about the availability of certificates for gift memberships from the Sons of Norway headquarters. He also asked members to contact board members with ideas for a summer trip for lodge members. In March the lodge will be electing delegates to the district convention in June 12-14 in Mankato.

Dave Mutchler said items for the newsletter need to reach him by the 20th of the month. He needs lodge members to submit articles.

Sharon Kalmes announced that to get a group rate for the production of "Peer Gynt" at the Guthrie theater 20 people were needed. A few members indicated interest.

Sheryl Hove mentioned that Gail Sandeen is quite ill.

Patty Carlson needs servers for the February, March and April meetings.

The January birthdays are: Lyle Baker, Kathy Carlson, Linda Holmstrom, Greg Hovland and Ron Kvass.. Lyle and Eunice Baker are celebrating their 59th anniversary. Laura Sherman won the \$5 door prize.

After the meeting an informative and interesting DVD about Thea Foss, a Norwegian immigrant and founder of a marine transport business in Tacoma, was shown. Members were treated to popcorn during the showing.

We thank our servers for the meeting refreshments: Shirley Brekke, Patti Carlson, and Marge Pedersen

Submitted by Sue Halvorson, Secretary

Calendar of Coming Events

<u>Sat. - Sun</u> February 2-3	<u>City of Lakes Loppet</u> Urban Cross-Country Ski Race Theodore Wirth Park For info: cityoflakesloppet.com	
<u>Tuesday</u> February 5 March 5	<u>Synnøve-Nordkap Board Meeting</u> Roseville Library Corner of Co. Rd. B at Hamline In the meeting room to the left of entrance	7:00 PM to 9:00 PM
<u>Saturday</u> February 9	<u>Skiing with Synnøve-Nordkap</u> Meet at Como Park Clubhouse off Lexington Ave. Ski rental available	1:00 PM
<u>Saturday</u> February 9 March 8	<u>Junior Lodge Peer Gynt Dancers</u> At Our Savior's Lutheran Church 1616 W. Olive in Stillwater Susan Stow: 651-439-7255 New members are welcomed!	1:00 PM to 2:30 PM
<u>Tuesday</u> February 12	<u>Synnøve-Nordkap Lodge & Social Event</u> Program: "Amundson Trip to North Pole" By: Craig Zuidema	7:00 PM
<u>Tuesday</u> February 19	<u>Scandinavian Songs from Sweden, Finland, Iceland and Norway</u> Marion Hoffman, with Cathie Fischer, piano and Shirley Santoro, violin	12 Noon at Mindekirchen
<u>Tuesday</u> March 11	<u>Synnøve-Nordkap Lodge & Social Event</u> Program: By: Rich Williams "How the Black Plague Affected Norway"	7:00 PM
<u>March--</u> <u>April--</u> <u>May--</u>	<u>Future Sports Events:</u> Lodge Bowling Orienteering in Afton State Park Letterboxing in Chisago/Wash. County See next page for more information.	Watch for Further information
	<u>2008 S/N Convention Dates:</u> Dist #1 - June 12-14, Mankato, MN Int'ernational - August 28-30, San Diego, CA	

Synnøve-Nordkap Norwegian Language Classes:

1. "Norwegian in Five Minutes a Month" series - class 6:30-7:00 PM on Tuesdays before Lodge meetings. Schedule begins in January 2008. No meeting if meal is scheduled.
2. "Norsk, Nordmenn og Norge" class on Thursday, 6:30 - 8:00 PM Sun-Ray Library, 2105 Wilson Ave. near McKnight & Ruth Sts. Meet twice a month - Beginning in 2008 - *change *Feb. 14 & 21; Mar. 20 & 27; Apr. 10 & 24; May 15 & 22
For information, contact class co-facilitators:
Sheryl Hove 651-738-4908 or Crystal Bloecher 651-774-8545
New participants are invited to join the classes.

"Peer Gynt" at the Guthrie Theater

January 18 - March 2

Tickets are \$69 - \$24

Mark Rylance stars in the Guthrie's new adaptation of "Peer Gynt", created by author, Robert Bly

Tickets are: \$69 to \$24

For more information, call: (612) 377-2224 or online at Guthrietheater.org.

Telespringar Dance Workshop

First Friday Scandinavian Dancing
Telemark "Sving" Workshop

February 1

7:30 PM - 10:00 PM

Learn from Carol Seraland and Bruce Bostrom with Karen Solgard playing the Hardanger fiddle.

Tapestry Folk Dance Center
3748 Minnehaha Ave. So.

Minneapolis

\$7 tapestry member/ \$9 non-members
For info, call (612)722-2914

Norse Fiddle Concert

Sunday, February 3, at 2:00PM

Pilgrim Lutheran Church

1935 St Clair Ave, St Paul

Attend a program of Hardanger fiddle tunes, stories and songs by Karen Solgård. She brings the audience into the local cultural experience of rural mountain music from Norway, shares stories and music from growing up on a farm in northwestern Minnesota, and makes the connections to Scandinavian-American life.

There will be a free-will offering.

Hear music samples at www.cdbaby.com/all/karensolgard

"Coming out of the Woodwork"

Vesterheim Symposium on

Norwegian Folk Art

April 18 - 20, 2008

Inviting all woodworkers & knifemakers to share traditions. Learn and create techniques, old and new.

Vesterheim Norwegian-American

Museum in Decorah, Iowa

Registration by March 28

(536)-382-9681 or

Vesterheim.org.

Upcoming Lodge Activities and Events

Saturday Feb. 9: Cross-country skiing at Como Park

Sports and Recreation

Your lodge sports and fitness director has a busy spring planned for lodge members. February 9th, we'll do some skiing at Como Park in St. Paul starting at 1:00 P.M. Meet at the clubhouse off of Lexington Avenue. Ski rental (classic skis only) is available if you don't have your own skis. Perhaps a couple of us could bring a snack to share afterwards.

In March, we will again be bowling. If you have a favorite bowling alley you think we should try, call me or e-mail me to discuss it.

April will find us orienteering at Afton State Park, April 20th, starting sometime between noon and 1:30 PM. The maps are fantastic and make interesting bedtime reading. Cost is \$8.00 per map: share a map with a friend and split the cost. Courses vary from the easy stroll along park trails to off-trail through the woods.

Our May outing will include letterboxing in Chisago and Washington Counties, home of the Swedes! For a glimpse of what letterboxing is all about check this website: <http://www.letterboxing.org/index.php>. For those of you not into the web, letterboxing is an activity where someone hides a waterproof box containing a logbook and a carved rubber stamp. Using clues, people try to find the box and stamp the logbook to show they were there.

We'll carpool north, check out a few letterbox sites and maybe stop at Gammelgarden Museum in Scandia (there's a letterbox hidden on the grounds!) or the Swedish coffee shop in Lindstrom. Here's the clue for the "Vaer Saa God" letterbox in Scandia:

"Hail aches cool inns candy us tart ton noel in dot rails out two awl dumb air eat rail. These tips son these out me tramp soar each upend dunder." I need help figuring out the clue!

I'm hoping to hide our own Synnove-Nordkap letterbox in St. Paul at an appropriate, public, hopefully Norwegian, site. If you have ideas about where to hide it please let me know. I'll publish the clues on a letterbox website.

Rod Hale

Sports & Recreation Director

DONATIONS TO SYNNOVE-NORDKAP LIBRARY 2007

Trudi Johnson-Richards, Librarian

- Leslie and Meredith Berg donated **Astri, My Astri** by Deb Nelson Gourley – Norwegian Heritage stories in English and Norsk.
- Ardyce Davies donated **The Rise of Jonas Olsen** by Johannes B. Wist – Norwegian Immigrant's Saga in the Upper Midwest in the 1920's.
- Peter and Sharon Windey donated **The Shetland Bus** and **The Sledge Patrol** by David Howarth -- True World War II epic escape, survival, and victory stories.
- JoAnn Ronning donated **Sons of Norway Songbook** published by Sons of Norway in 1948.

Synnove-Nordkap Lodge is appreciative of these donations to our Corner Library.

Junior Lodge News

Jottings from our Junior Lodge

by Susan Stow

What do you get when you mix crisp winter temperatures, clear sky, sunshine and packed snow? Why it's perfect weather to try out kick sleds!

Our junior lodge kids assembled on the east field of Stillwater Junior High and they paused long enough to get a group photo. Some kids spent a minute or two deciding which foot to leave on the runner tread and which to push off. Once they decided, they were off as far as the pine trees at the end of the field.

Other kids took turns being the one to rest on the seat and the one to push.

It even worked well with two youngsters on the runner, pushing in tandem with their outside legs. They went twice as fast!

We are very appreciative of the generous gift of the sleds, one per family, from an anonymous Norwegian benefactor!

Mae Hovland and her family brought a huge hot beverage urn of cocoa with whipping cream and marshmallows. There were gingersnaps and banana bread in a sled too. Yummy!

After our sledding, we still had enough pep to rehearse indoors for a half hour dancing "Seksmansril" in preparation for our Festival of Nations audition.



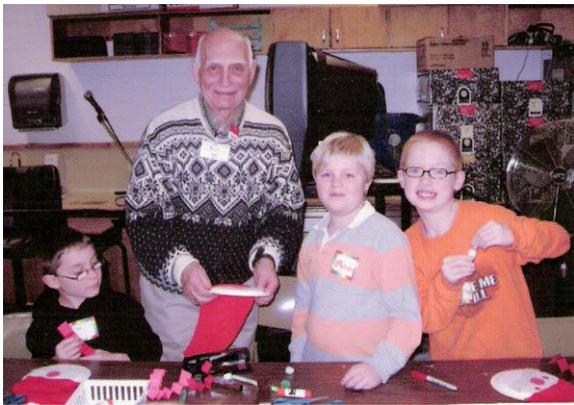
Adopt-A-School

After our big introduction of North Heights Christian Academy to Norwegian culture, we took it up again with crafts, story telling and music in December. With the help of our volunteers, Jeane Pearson and Axel Torvi, sixty first and second graders made their own versions of a Nisse. After that, our story teller, LaRee Opdahl and Lois Wandemacher, told Christmas stories of Nissas and other folk tales. Then Meredith Berg taught them “A Child is Born in Bethlehem” in Norsk, accompanied by her accordion. We topped it all off with a gift of “Viking for Kinds” to each student.

In February we plan on some Viking teaching for the upper grades, as well as cooking of Norsk goodies and food later in the Spring. Also planned is some Orienteering with the students at a course near them.

The kids are wonderful to work with and anxious to learn about this culture; quite a few of them have Nordic backgrounds. We thank volunteers who helped, and we will be needing others for the balance of the activities this school year. Watch the newsletter for further details.

-Ruth Gibson



*Dear Ruth and Norwegian friends,
Tusen takk for all you did to help the 1st
and 2nd graders at North Heights Chris-
tian Academy have a wonderful Norwe-
gian experience.*

*Blessings,
Sheela Johnson
2nd grade teacher*



This and That

The Corner Library

by Trudi Johnson-Richards

David Howarth penned **The Sledge Patrol** which is a remarkable story of survival and adventure. Written only a few years after World War II, **The Sledge Patrol** tells the story of seven Danish and Norwegian hunters and Eskimo adventurers who patrolled the entire east coast of Greenland.

Greenland belongs to Denmark. Its history is long. It was given its strange name by "Eric the Red," a Norwegian Viking, who discovered Greenland in the tenth century. For several years the settlement of Greenland prospered, a peaceful Christian community with its own Bishop and Parliament. Towards the middle ages, the wealth and power of the Scandinavian kings declined, and the effort and expense of organizing expeditions to the distant colony became too much. The history of Greenland made a fresh start in 1721. It is a mixed race of Eskimo and Danish origin who call themselves Greenlanders.

Why would anyone bother to protect hundreds of miles of raw, ice coastline, thousands of square miles of nearly uninhabitable land, mountains, crevasses, blizzards and polar bears? The answer, as David Howarth tells, is that the weather for North Atlantic begins in Greenland and accurate reports from south of the north pole were vital to the survival of Allied convoys and the success of Axis U-boat patrols.

Seven men patrolled, by dogsled, the dangerous and yet beautiful coast of Greenland, sending out weather forecasts to the British. These men, who could hardly believe the Germans would or could venture this far north, one day find a strange footprint in the snow on the desolate Sabine Island. What begins is a 200 page race across the Arctic to evade the Nazis and end transmission of their weather reports back to Germany.

The Germans did "invade". A small, armed force under a naval officer named Ritter established a meteorological station broadcasting weather reports to the Kriegsmarine U-boats operating in the North Atlantic. The Sledge Patrol, commanded by Ib Poulsen, represented the entire Greenland Army. The action of the book is a series of almost haphazard dog sled journeys across snow and ice-covered bodies of water and land by members of the Greenland Army and German intruders.

The events occurred in late winter / early spring of 1943. Three Sledge Patrol members escape to the nearest hunting hut only to have the Germans pursue on foot. One of the highlights of the book is how the unarmed and non-aggressive band of Danes, Norwegians and Eskimos can outlast and outdistance the better provisioned Germans who are not prepared for life, let alone combat, in the frozen north. The Sledge Patrol had only hunting rifles and their knowledge of outdoor survival. The Germans were armed with machine guns, grenades and outnumbered them. This is a story of human skill, faith and endurance and prevented Germany from establishing military bases in Greenland.

The Sledge Patrol was donated by Peter and Sharon Windey to the Synnove-Nordkap Lodge Library on December 11, 2007.



We Need Your Heritage Recipes

Last year we asked for your favorite Norse recipes so we can keep them and share them.

Many of our "vintage" members are among the few who still make the old familiar specialties. We encourage you to share these recipes so we can have a Lodge Heritage Cook Book.

So far only one recipe has been turned in.

Please submit them on paper or by e-mail to slamann@juno.com.

Sharon Amann

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 Linda Holmstrom 770-8989

(All area codes are 651 unless otherwise specified).

**SYNNØVE-NORDKAP
SONS OF NORWAY
LODGE #1-008
First Lutheran Church
463 Maria Ave.
St. Paul, MN 55106
651-762-7872**



Upcoming Activities

**Roald Amundsen - Tues. Feb. 12
Cross-country skiing - Sat. Feb. 9
Norway & the Black Plague - Tues. Feb. 12**

More Info Inside

The Mission of Synnøve-Nordkap is to promote, preserve and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries while growing soundly as a fraternal benefit society and offering maximum benefits to its members. Visitors and new members are always welcomed.