

# SynNor Brevet

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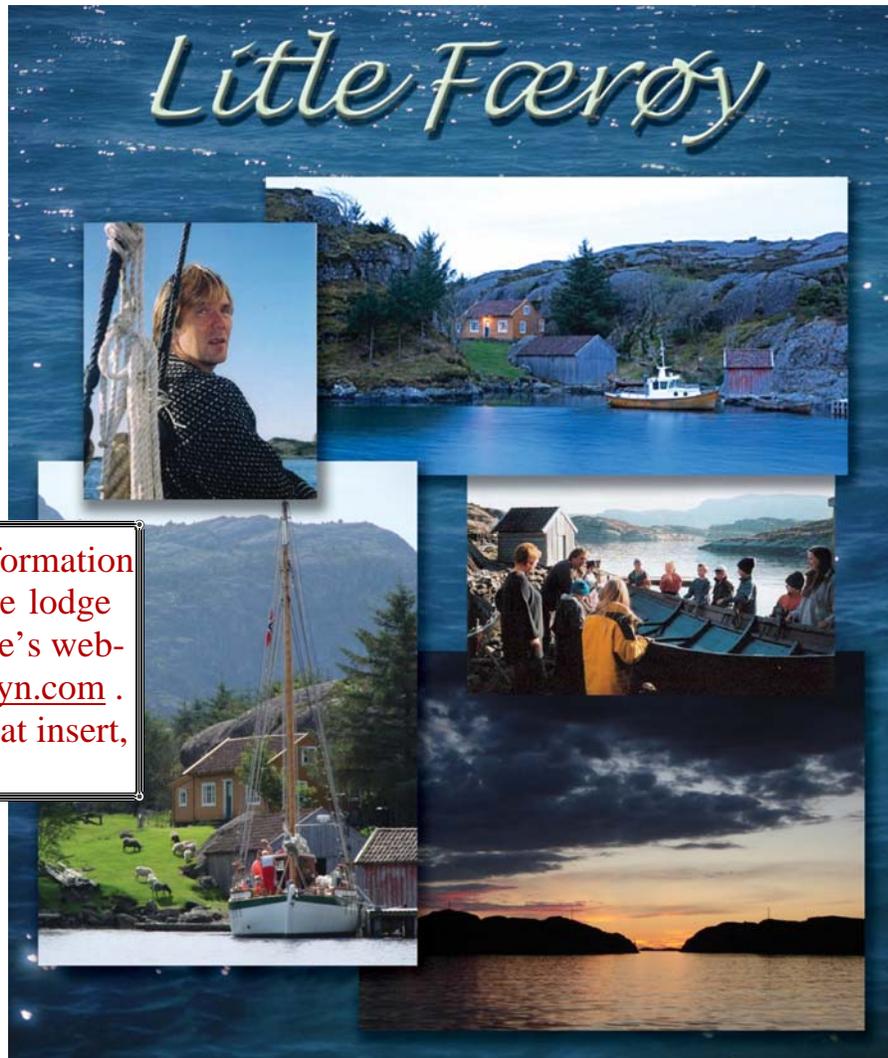
Synnøve-Nordkap  
Lodge #1-008



October 2008  
Number 8:9

NOTE NEW WEB SITE: <http://synnove1.com>

Voice Messages: 651-762-7872



For much more information on Roar Moe, see lodge member Jill Storlie's web-site at <http://jillellyn.com>. Thanks for the great insert, Jill!

Roar Moe, featured in the July 08 Viking magazine, will share his story about his nature-life school on the far west coast of Sognefjorden at our October 14th meeting. Through his words, pictures and video clips we will experience how this sailor, fisherman, husmann, and former sports teacher gave up his career to try to fill the widening gap in experiential education for kids and adults about the traditional coastal culture's survival skills methods that date back for centuries. What Roar and his team are doing is very unusual even in Norway where the West Coast history is being lost and few traditional farm sites and boathouses are available for restoration and education for modern-day Scandinavians and Norwegian history enthusiasts. Roar is surrounded by students during three to five day camping courses in the summer, but lives alone on Litle Færøy during the long Norwegian winter. He is a very sociable, enthusiastic man who has made some tough choices in order to give this unique experience to students and visitors to this Solund island between Bergen and Måløy.

# Scandinavian Culture and News

## Sailing in the Rebuilt Viking Ship, *Sea Stallion*

“At the bottom of a fjord near the Danish town of Roskilde, archaeologists found remnants of five Viking ships piled one atop the other. Dubbed the Skuldelev ships, for a nearby town, each had a specialized role. One had been a fishing boat; two were cargo ships, so easy to handle that a crew of eight or nine could move 20-ton loads; and one was a warship that could carry about 30 people. The fifth ship, a raider known as Skuldelev 2, was the biggest.

It was 98 feet long but just 12 feet wide. Its keel reached just three feet below the surface, and its mast and sail could be lowered so the ship could approach fortifications and settlements with stealth. It could accommodate 65 armed men.

Because only 20 percent of the Skuldelev 2 could be recovered, the only way to determine its capabilities for certain was to somehow resurrect it and put it to sea. In 2000, Soren Nielsen, head boat builder at the Viking Ship Museum in Roskilde, and his colleagues began working with scientists to build an accurate replica. They used thousand-year-old methods and replicas of tools from that time, which meant carving each of the ship’s 90 oak planks with axes, wedges and hammers. After four years and almost \$2.5 million, the eight builders had their replica. They called it *Sea Stallion from Glendalough* for the Irish village where Vikings used to find oak for their ships. With its narrow beam and shallow draft, the *Sea Stallion* could have navigated just about any river in Europe. But how would it fare on the open sea?

In the summer of 2006, the *Sea Stallion* sailed under sunny skies and gentle winds to Norway and back in four weeks - a virtual pleasure cruise. A test sail in May 2007 around the Roskilde fjord enjoyed similar conditions. A tougher six-week test was planned for July 2007, with the crew sailing from Roskilde north to Norway, west to Scotland and south to Dublin. Fully loaded, the ship weighed 24 tons - eight of ship, eight of rock for ballast and eight of crew and gear. In ideal conditions the *Sea Stallion* could travel 160 nautical miles in a day; it could sprint at 13 knots, or almost 15 miles an hour. “It ranks as one of the fastest warships in history,” says Anton Englert, an archaeologist at the ship museum.”

Ed note: This is a portion of a large article from the July 2008 *Smithsonian magazine* entitled: “Raiders or Traders.” Look for a copy in a library near you or on line at smithsonian.com. to find out how their voyage turned out.



## Norway is a Safe Economic Haven

In the present financial storm, economic analysts describe Norway as a safe haven. “Norway has large savings and we learned from the bank crisis back in the 1980’s. We now have much more stringent bank regulations than is currently the case in the United States,” says chief economist Tor-mod Adreassen at SpareBank.

Chief analyst Erik Bruce at Nordea Markets says that Norwegian banks will experience few of the losses that many foreign financial institutions are now suffering. “The most important thing for Norwegian banks is how their loan customers are doing. There are no indications that Norwegian borrowers will encounter particularly great problems in the foreseeable future. However, borrowers will have to expect interest rates on house loans to rise as a result of the international financial crisis,” says Bruce.

“Norway’s sovereign global fund gives us room to maneuver. Those who know the markets well are not surprised by what is happening. We may take a loss in the short term, but we’ll profit in the long run. We just have to keep calm,” says Finance Minister Kristin Halvorsen.

From: *Aftenposten.no*.

## 40 Years for Harald and Sonja

“She has meant everything to me,” says King Harald, sitting next to his wife of 40 years, Queen Sonja.

On August 29, the couple had been married for 40 years. They celebrated their anniversary with their children, spouses and grandchildren on board the royal yacht *Norge*, spending the next few weeks visiting islands in the Adriatic and the Mediterranean.

King Harald counts himself luckier than his father, King Olav, who was a widower for much of his reign.

“Things have been much simpler and much happier for us, since we have each other. King Olav was a lonely man,” said King Harald.

From: *Aftenposten.no*

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://synnove1.com>>

Sons of Norway International: <<http://www.sofn.com>>

# Lodge News

Dear Members,

The 2008-2009 lodge season is off and running. We had an action packed meeting on September 10<sup>th</sup> with an estimated 80 or more members attending along with a great program with Jack Salmela. I urge those of you that have not attended a meeting recently to come and enjoy a great “night out”.

October 25<sup>th</sup> is our Torsk and meatball dinner. This event is one of our main fund raisers so please come. To make this dinner a huge success we need enough volunteers to help make this dinner enjoyable for all involved. We need help in these areas: kitchen, food servers, waiters, cleanup, and cooking. Please contact Sharon Amman at 651-631-0399 to get the details of the actual job you would have in these areas. Remember: it is fun being a volunteer.

We also need to start thinking of filling a few of the lodge officer positions – November and December is when this is done. I know we need to fill the following positions: Vice President, Treasurer, 1 trustee and 1 auditor. I can personally say that being active as a lodge officer over the past 13 years that I have been a member, has enabled me to get a lot of satisfaction out of being a member of this great organization and, in particular, our lodge. So please consider being a candidate for one of the positions.

In closing, I repeat what I said earlier, come to our next lodge meeting. Just think, a night out without having to pay anything. We do not even accept a “tip” for having an exceptional meeting – and yes, the social hour with all of the “goodies”.

Aren't Norwegians great?

- Len

At the International Convention held in San Diego in August, the Sons of Norway adopted a new mission statement. We especially like it for its simpler language and its inclusion of other Nordic countries, as so many of our members are not of purely Norwegian descent. It appears in fine print at the bottom of the last page of this newsletter, and reads as follows: **The Mission of Sons of Norway is to promote and to preserve the heritage of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.**

Steve Roste has contracted mononucleosis and is quite sick. We wish him a quick and thorough recovery from this illness. He has brought a refreshing insight to our lodge affairs, as well as serving as our Cultural Director and the leader of the Genealogy Group.

We thank Jack Salmela for his fine talk “Of Vikings and Voyageurs” at our September meeting. Under difficult circumstances when our projector failed, Jack came through with an excellent presentation. We'll have a review of his book in a future edition of the newsletter.

He sent the follow email after that meeting:

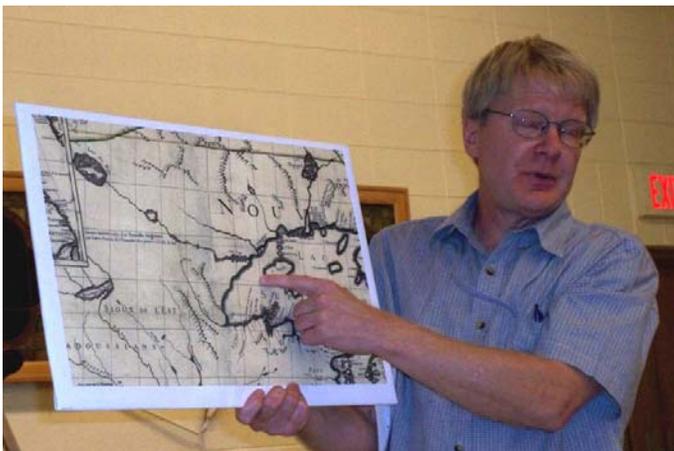
To SoN Lodge #1-008 ...

Thank you so much for the opportunity to talk about my book at your meeting on September 9th.

I enjoyed myself. I enjoyed meeting everyone. The audience certainly seemed receptive to my presentation. And last but not least, an extra thank you to all those who bought a book.

I hope to see you all again someday.

- Jack Salmela



# Lodge News

## Board Meeting Minutes, September 2, 2008

Attendees: Len Carlson, Sharon Amann, Rod Hale, Sue Halvorson, Clayton Lance, Mary Beth and David Mutchler, and Clay Keller

Plans for the September lodge meeting were finalized.

The Torsk and Meatball Dinner committee met on August 18 at Trudi Johnson-Richard's home to plan this year's dinner. The committee decided to only have one seating due to decreased volunteer participation and decreased attendance. Sign-up sheets for volunteering and tickets and publicity flyers will be available at the September lodge meeting. The flyer will also be available on the lodge website.

Len led a discussion reviewing the list of current lodge officers and committee chairs in regard to possible openings for next year. All lodge members are encouraged to volunteer to run for any of the positions.

Mary Beth Mutchler will be showing her stamp collection at the Joint Lodges Craft Exposition at the Swedish American Institute on October 29.  
Submitted by Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, October 7 at the Maplewood Library, 3025 Southlawn Dr. (W. side of Maplewood Mall) in the large conference room.

## Lodge Meeting Minutes, September 9, 2008

The September lodge meeting was attended by 81 people including 6 guests; Dale Torgerson, Ray Carlson, Shirley Johnson, Jean Verner, and Elroy and Mary Aslakson.

The treasurer's report was given by Clayton Lance.

Clay Keller announced that it was time for members to be thinking about scholarship applications for language camps and college as the process will be starting later this fall. Notices will appear in the lodge newsletter. If you have any questions regarding the scholarships, Clay's contact information is on the last page of the newsletter.

Sports director Rod Hale awarded two sports medals. Charlotte Lance received a silver medal for walking and Clayton Lance received a bronze ski badge. He also encouraged members to join him for the letterboxing outing on September 13.

Karen Vinnes requested that members volunteer to help her and Dave Mutchler with the lodge newsletter. She and Dave have been doing this for 7 years, and Sheryl Hove did it for many years before that. Trudi Johnson-Richards, Steve Roste and Susan Stow were thanked for being regular contributors. Other lodge members are needed to contribute articles. Karen is especially interested in having someone volunteer to take over the Coming Events Calendar.

Greg Hovland stated that the theme of the International Convention was about the importance of the financial benefits counselors. Members were encouraged to contact him for a free financial review.

The lodge Torsk and Meatball Dinner will be October 25<sup>th</sup> at 5 PM. Jerry Richards explained that there is only one seating this year because the number of volunteer workers has been decreasing. Sharon Amann announced that tickets for the dinner are \$15.50 for adults and \$6.50 for children ages 6-10. This has been the lodge's number two fundraiser for years. Lodge members were encouraged to advertise the dinner to friends and relatives. Flyers advertising the dinner were also available to post at churches or other public places. Signup sheets for working to set up the tables on Friday, do food preparation on Friday and Saturday, and to serve at the dinner on Saturday were available. Members could also sign up to attend the dinner at the meeting.

Cultural director Steve Røste awarded Ed Gilbertson two pins for completing reading units.

Len asked that the members consider running for a lodge office next year. Open positions include vice president, treasurer, trustee and auditor.

Susan Stow is recruiting new members for the Junior Lodge. The Junior Lodge meets the second Saturday of the month from 1 - 2:30 PM at Our Savior's Lutheran Church, 1616 W. Olive in Stillwater. Susan has already sent out invitations to prospective members but would like more leads from the lodge membership.

Meredith and Les Berg attended two Stevnes this past summer and felt that lodge members could benefit by attending a Stevne in the future. They made information on the Stevnes available to interested members after the program.

Patty Carlson needs volunteers for treats at lodge meetings. Please contact her to sign up.

Len showed a piggy bank that will be available at the October lodge meeting for members to contribute to the SON Foundation.

Members celebrating their birthday in July, August and September are: LaRee Opdahl, Meredith Berg, Patty Carlson, Gary Hanson, Peter Windey, Charles Beardshear, Ann Beardshear, Taffy Storck, Karen Vinnes, Joanne Berndt, Erna McGuire, Audrey Huset, Andy Urness, Joanne England and Dana Carlson. July, August and September anniversaries are being celebrated by Loren and LaRee Opdahl, David and Mary Beth Mutchler, Peter and Sharon Windey, Andy and Jane Urness, Bob and Joanne Berndt, Ron and Joyce Kvass, Sharon Kalmes, and Linda Holmstrom. Frank Sherman won the \$5 door prize.

Remarks for the good of the order: Jeane Pearson asked if there had been any discussion at the International Convention to include women in the name of the organization. This item was not discussed at the International Convention but was discussed and voted down at the District Convention.

Remaining copies of an issue of Norway.com Magazine from June were distributed to members.

Author Jack Salmela detailed his research behind his latest novel, Of Vikings and Voyageurs. He emphasized the connections of the Vikings to the novel. After his presentation he entertained questions from lodge members.

We thank our servers for the delicious refreshments: Andy and Jane Urness, LaRee and Loren Opdahl and Ardyce Davies.

Submitted by Sue Halvorson, Secretary

**Editors' Note:** We (Karen and I) have been doing this newsletter for 7 years. Karen has been doing this page almost exclusively for most of that time, but is no longer able to do so. We need an editor for this page if it is to continue!

## *Calendar of Coming Events*

<u>Tuesday eve.</u> <u>Sept. 30</u> <u>Thru Sat</u> <u>Oct. 4</u>	<u>31st Annual Norsk Høstfest</u> <u>America's Largest Scandinavian Festival</u> State Fair Grounds - Minot, North Dakota For info call: (701) 852-2368 Or check <a href="http://www.hostfest.com">www.hostfest.com</a>	daily
<u>Tuesday</u> <u>October</u> <u>7</u>	<u>Synnøve-Nordkap Board Meeting</u> Roseville Library conference room County Rd. B at Hamline Avenue	7:00 PM to 9:00 PM
<u>Saturday</u> <u>October</u> <u>11</u>	<u>Junior Lodge Peer Gynt Dancers</u> Group practice begins 2nd Saturday Our Savior's Lutheran Church 1616 W. Olive in Stillwater - New members welcome	1:00 PM to 2:30 PM
<u>Tuesday</u> <u>October</u> <u>14</u>	<u>Synnøve-Nordkap Lodge &amp; Social Event</u> Program: Roar Moe presenting: "Learning & Living Deep Ecology"	7:00 PM
<u>Saturday</u> <u>October</u> <u>25</u>	<u>Synnøve-Nordkap Annual Torsk &amp; Meatball Dinner - Reservations required!</u> mark your calendars - see next page Volunteers needed to sign up	One Seating: 5:00 PM
<u>Wednesday</u> <u>October</u> <u>29</u>	<u>Nordic Craft Exposition</u> American Swedish Institute See page 8 for more information.	6:00 PM to 9:00 PM
<u>Saturday</u> <u>Nov. 1</u>	<u>Genealogy Group Meeting</u> Roseville Library Conference Room	10:00 AM To Noon
<u>Tuesday</u> <u>November</u> <u>11</u>	<u>Synnøve-Nordkap Lodge &amp; Social Event</u> Program: Bruce Engebretson presenting "From the Forest, the Culture"	7:00 PM
<u>Tuesday</u> <u>December</u> <u>9</u>	<u>Synnøve-Nordkap Lodge &amp; Social Event</u> Annual Lodge Julebord and Juletreffest Bring Scandinavian dish to share Program: "Music and Humor with Tim Dahl"	6:30 PM Begin with hors d'oeuvres at 6:00 PM

### Synnøve-Nordkap Norwegian Language Classes:

1. "Norwegian in Five Minutes a Month" series - class 6:30-7:00 on Tuesday before lodge meetings in Oct, Nov, (no Dec.class)
2. "Norsk, Nordmenn og Norge" class on Thursday, 6:30-8:00 PM Sun Ray Library, 2105 Wilson Ave., near McKnight & Ruth Meet twice a month -Oct. 23 & 30, Nov. 13, Dec. 18.

For information, contact class co-facilitators:  
Sheryl Hove 651-738-4908 or Crystal Bloecher 651-774-8545

Norwegian Glee Club Lutefisk Dinner  
Saturday, October 4  
Good Shepherd Lutheran Church  
4801 France Ave. So., Mpls  
Seatings at: 2:00, 4:30 and 6:00  
Call for reservations and information  
(612) 927-8849

Upcoming Events at Ingebretsen's  
1601 E. Lake St., Mpls  
Phone: 62-729-9333

Monday, Oct. 13 - 10:00-12:00

-- Huck Weaving - \$30.

Saturday, Oct. 18 - 9:00 - 4:00

--Spoon Carving - \$70

--Travel Fair - 10:00 - 2:00

Talk with travel professionals, plan your next trip to Nordic countries.

Leiv Eriksson International Festival  
September 28 - October 12  
Mindekirke, the Norwegian Church  
924 E. 21st St., Mpls MN 55404  
(612) 874-1971

The festival will begin on Sept. 28 with the 11:00 AM church service with Former Prime Minister Kjell Magne Bondevik preaching. At 2:00, guest artists from Norway, Hardanger fiddler Annbjørg Lien and hymn singer Sondre Bratland will perform. Both of them carry "big" names in Norway, and will perform both in the morning and at the early afternoon concert entitled, "På Kyrkjeveg." Sondre Bratland will also be featured at a Tuesday noon program.

On Friday, Oct 3rd and 10th, the movies "Vikings Journey to the New Worlds" & "The Viking Discovery of America" will be shown.

Tuesday, Oct. 7 - 12:00 "Stubbhult, a farm in Sweden" will be featured.

Saturday, Oct. 11 - 6:00 PM - the Icelandic community invites you to a Leifur Eriksson dinner.

Tuesday, Oct. 14, an Icelandic scholar will give perspective on Leif.

Sunday, Oct. 5, 9:00 AM Swedish Pastor Alem will preach, and Sunday, Oct 12 will feature Icelandic Pastor Bjarnadottir and the gospel choir from Augsburg College.

# Activities and Events

## Torsk and Meatball Dinner on Saturday, October 25

There will be Sign-up Sheets available again at the October meeting for workers, and you may also purchase tickets at that time. Because this is a fund raiser, team members must purchase their tickets too if they wish to eat. Our prices will remain the same: \$15.50 for adults, \$6.50 for children ages 6 to 10.

This dinner is our second largest fund raiser each year. We look forward to serving (and eating) a wonderful dinner with a large group. Please remember that events for YOUR Lodge require YOUR participation for the good of the order. (The flyer below is available on our website at <http://synnove1.com> .)



## **TORSK & MEATBALL DINNER FUNDRAISER SATURDAY, OCTOBER 25, 2008**

Synnøve-Nordkap Sons of Norway Lodge  
First Lutheran Church, Norelius Hall  
463 Maria Avenue at 8<sup>th</sup> Street East  
St. Paul, Minnesota  
(map at website) <http://synnove1.com>

**ADVANCED RESERVATIONS ONLY  
DUE MONDAY, OCTOBER 20, 2008**

**After October 20, you may call to ask about available seating.**

One Seating at: 5:00 PM

Reservations: 651-762-7872

Leave message: (1) Number of tickets (incl. Children)  
(2) Name of person making reservation  
(3) Telephone number

Mail check: (see below)

Cost: \$15.50 Adults      \$6.50 Child 6-10      Free Child 0-5

Non-refundable check payable to: "Synnøve-Nordkap Lodge"

Mail check to: Mary Beth Mutchler  
3496 Nancy Place  
Shoreview, MN 55126-8005

*Pick up tickets at door or enclose stamped self-addressed envelope with check.*

The meal consists of Icelandic cod, meatballs, roasted red potatoes with dill, mashed rutabagas/ carrots, coleslaw, lingonberries, lefse, rice pudding, cookies, coffee, tea, or milk.



# *Norwegian Athletes aspire to Olympic Motto*

*"Citius, Altius, Fortius - Swifter, Higher, Stronger!"*

In athletic competition, especially at the highest level, records are foremost in any discussion. Past records in recent competition are compared for athletes around the world. Were the participants in any head-to-head events prior to the Olympics? How did they compare? Then there is always the prestige of the personal trainer of the athletes which might afford advantage. There were event records, personal best records, world records and Olympic records that all came down to a split second or photo finish.

Focusing on the eighty-four Norwegian athletes of the Beijing Olympics, it is a matter of record that nine medals were won by Norway, three gold medals, five silver medals and one bronze. Gold medals were awarded to Norwegian athletes in track, handball and rowing, silver in swimming, kayak, skeet shooting, women's 20K walk and Taekwondo, while the bronze was in swimming.

**Andreas Thorkildsen**, from Kristiansand, had been a gold medal winner in the Athens Olympics in 2004 throwing a javelin 283 feet, 9 inches. Of course, he had been working up to that point since age eleven and training with his father Tomm, who had been a javelin competitor. Thorkildsen threw past the 90 meter mark in 2006 and continued to improve in European competitions. In 2007 his biggest rival in gaining records was Tero Pitkamaki of Finland. Andreas' final round javelin throw in Beijing was an Olympic record 297 feet, 1 inch, which improved his own record by 13 feet and 2 inches!

**Sara Nordenstam**, from Oslo won a bronze medal in the 200m breaststroke event. Originally, Sara was from Sweden. At age ten, she moved to Oslo. There she trained at the Lambertseter Svømmeklubb, and later in Dallas, Texas when Sara studied at Southern Methodist University. Although she continued to compete for Sweden until 2004, Sara has won sixteen Norwegian championship medals. Nordenstam's bronze medal winning time was 2:23:2 which is 2.7 off her personal best swim!

**Eirik Verås-Larsen**, from Flekkefjord, started his flatwater kayak expertise as a boy while duck hunting with his father and grandfather on the fjord. He admits to concentrating on not capsizing rather than hunting. Now Eirik trains non-stop all year round. He has been in the top three positions in European and world events in 2007-8. In the Athens Olympics, he won gold in the single kayak 1000m race and bronze a little more than an hour later with Nils Olav Feldheim in the double kayak 1000m event. His special trainer has been Knut Holmann, gold medalist at the Olympic games in Sydney.

**Nina Solheim**, from Namsos, was born in South Korea. She and her twin sister were adopted by a Norwegian couple when the girls were seven months old. Nina trained with the Namsos Taekwondoklubb on the Mudo Team. In 1997, she made her debut in European championship events. At the Athens Olympics, Nina lost out in the quarter finals, however in Beijing Nina was in the gold medal match against an athlete from Mexico. Solheim's silver medal in Taekwondo is a first for Norway.

**Alexander Dale Oen**, has trained with the Vestkantssvømmerne swim club. He broke into the world class swimmer scene in 2005 in the 100m breaststroke event. By 2008, he dominated the European championship events, setting a record time of 1:00:11. He was considered the favorite to beat in Beijing. In the preliminary swim on August 9th, Oen came in first, setting an Olympic record at 59.41. In the semi-final heat 2, that same day Oen set yet another Olympic record of 59:16, while his closest competitor Katajima of Japan was first in heat 1. August 10 was the final 100 m breaststroke race. Oen swam into silver medal history at 59:20, while Katajima took gold touching the wall 29 seconds ahead of Oen.

**Kjersti Tysse Platzer**, born in Os, Hordaland, now lives in Bergen. Her husband is her coach for the women's 20K walk event. In the 2000 Sydney Olympics, Kjersti was a silver medalist. In Athens in 2004, she came in 12th place. This August in Beijing, the silver medal was hers once again with a time of 1:27:07. The gold medalist came in 36 seconds ahead.

**Tore Brovold**, from Hamar, started shooting at age seven and competing two years later. In 1996, Brovold started competing in Skeet shoots, which was when the U.S. gold medal winner was seven years old. In the final Skeet shoot, Vincent Hancock of the U.S., age 19, and Tore Brovold of Norway, age 38, earned the same score of 145. That meant a shoot-off, which resulted in +4 for Hancock and +3 for Brovold, or gold and silver respectively.

**Gro Hammerseng**, from Gjøvik, is the current captain of the Norwegian women's handball team and a Beijing Olympic gold medal winner. In 2007, she was voted the World's Best Handball Player by the readers of the World Handball magazine and voters on the internet. She has played 147 games for Norway, in her career, and scored 585 goals.

**Olaf Tufte**, from Tjønsberg, started rowing at age 14. He was a silver medalist in the 2000 Sydney games in the double sculls with Fredrik Bekken. At the 2004 Athens Olympics, Tufte won the gold in the men's single sculls. In Beijing, Olaf was a bit behind in the final, however he increased his stroke rate and achieved another gold medal. During off-season, he is a farmer, fire fighter and does cross-country skiing to keep in shape. Olaf hosts the Tufte Farmer Challenge of sporting events and games at his family farm.

The most successful summer Olympics for Norway was in the year 1920 where the Norwegians came home from Belgium with thirty-one medals. Crown Prince Olav won a gold medal in sailing in 1928.

One could certainly comment that the Olympics are won by split seconds, by inches, and by the dedication of all who train diligently for years for the honor of representing their country.

# The Local Scene

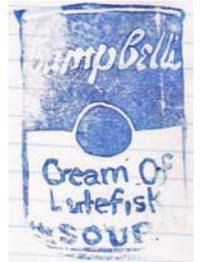
## Letterboxing on Saturday, September 13

Saturday, September 13th was the lodge letterboxing outing. The Mutchlers (Mary Beth, Dave and Lisa) and Rod Hale found 6 letter boxes in Chisago and Washington Counties. (A rainy day appeared to affect the turnout.) Good corn and nice raspberries were purchased at the farmers market in Lindstrom.

After finding the first two at Ki-Chi-Saga Park south of Lindstrom, we ventured on to Scandia to find 3 more. After finding the first one there, it was time for something to eat at the Scandia Calf-A (I kid you not, here's their business card!) We found two more boxes in Scandia, including one at Gammelgarden Museum.



We had one more to find down in Marine on St. Croix, so off we went down highway 95 to find "A Bit of Scandinavian Humor." It's hidden down by the waterfall near the little library. The clue said it was near the "rock wall". We all thought it referred to a large exposed rock outcropping, but the box wasn't there. Well, through dumb luck, your sport director came across the other "rock wall" and we then quickly found the letterbox. Here is the stamp from the box and the Scandinavian humor contained in it. We laughed a lot.



A good time was had by all. Look for another letterboxing outing in the spring.

- Rod

Letterboxing is an intriguing "treasure hunt" style outdoor activity. Letterboxers hide small, weatherproof boxes in publicly-accessible places (like parks) and post clues to finding the box online on one of several Web sites. However, clues to finding some of the most highly-sought boxes are passed around by word of mouth. There are about 20,000 letterboxes hidden in North America alone. Individual letterboxes usually contain a log book, an often hand-carved rubber stamp and may contain an ink pad. Finders make an imprint of the letterbox's stamp on their personal log book, and leave an imprint of their personal stamp on the letterbox's logbook .

Letterboxing is said to have started in England in 1854 when a Dartmoor National Park guide, James Perrott of Chagford, left a bottle by Cranmere Pool with his calling card in it an invitation to those who found the bottle to add theirs. Eventually, visitors began leaving a self-addressed post card or note in the jar, hoping for them to be returned by mail by the next visitor (thus the origin of the term "letterboxing;" "letterbox" is a British term for a mailbox). This practice ended in time, however, and the current custom of using rubber stamps and visitor's log books came into use. It caught on in the US in 1998 after an [article in Smithsonian magazine](#).



We really enjoyed our introduction to letterboxing. Mary Beth and Lisa have been out twice more since!  
-Dave

## Explore the Nordic crafts at our Craft Exposition

October 29, 2008 6:00PM—9:00PM

American Swedish Institute  
2600 Park Ave So. Minneapolis, MN

Displays and hands-on presentations of card weaving, knitting, hardanger embroidery, chip carving, cooking, rosemary, and many more

Sign up and learn a new skill  
Sponsored by the Joint Committee of Metropolitan Lodges, Sons of Norway  
(763) 545-4827

# This and That

## The Corner Library

by Trudi Johnson-Richards

The Norwegian coast is the longest in Europe, winding its way via countless bays and inlets for a distance of 12,500 miles. Norway is a dramatic country. It has never won international renown for its military powers or the brilliance of its conquests. In the Viking Age it was the hub of a large and powerful North Sea empire. Today, as in the past, life in Norway is dominated by the natural features of the country, primarily the ocean and the mountains. The Norwegians live close to nature.

It is interesting to note that the bulk of Norwegian towns have direct access to the sea. The sea is the natural element. Everything that has to do with ships and the sea comes naturally to Norwegians. Norway, small though she is, is one of the world's major maritime nations. The strange and unforgettable beauty of Norway's landscape, from Oslo to the "Midnight Sun" at the North Cape, is captured in **Norway with 30 Color Plates**. These colored photographs are among the finest reproduced as they capture the sunlight and shadows of the lagoons and beaches.

**Norge I Farger – Norway in Colors – La Norvege En Couleurs - Norwegen in Farben** includes 45 color photographs. The two books are similar yet each color photograph gives the reader an insight into the character and history of Norway.

**Norman and Karen Vinnes** donated the following books on September 9, 2008 to the Synnove-Nordkap Lodge Library: **Norway with 30 Color Plates; Norge I Farger; Norway to America—A History of the Migration; and Norway: A Thousand Years of Native Arts and Crafts.**

## Sound Bytes

by Dave Mutchler

We have (copies of) some new CD's in our library for our musical education. All originated in Norway and were loans from **Clay Keller**, who spent time in Norway as a Fulbright scholar. The titles include:

- "**Laudate**," by the Trondheim Cathedral Choir, which is very good and reminds us of when they were here this summer.
- "**Kalenda Maya**," Pilgrimsreise (Pilgrim music), which is pretty weird and primitive stuff.
- "**Kristin Lavrans Datter**," by Arild Andersen, a collection of 18 instrumental pieces which sound to me like a cross between (Norwegian) traditional music and New Age sounds.
- "**Stemninger**," by Elisabeth Andreasson, a collection of vocal popular music, some Norwegian and some American, both sung in their native tongues. She has a very nice voice.
- "**Tideland**," by Rita Eriksen (Norsk) and Dolores Keane (Irish), a very nice collection of traditional vocals.

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## Medical Report

After an exhaustive review of the research literature, here's the final word on nutrition and health:

1. Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. Italians drink excessive amounts of red wine and suffer fewer heart attacks than Americans.
5. Germans drink beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. . . speaking English is apparently what kills you, but the Government is trying to correct the problem!

Submitted by Sharon Amann

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 CULTURAL DIRECTOR Steven Roste 247-1524 sjroste@hotmail.com  
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 HISTORIAN Lenore Jesness 778-1421 ljess@usfamily.net  
 MUSICIAN Donarae Peterson 483-4998  
 GREETERS Jack and Bev Dougherty 735-0903 doughandsow@usfamily.net  
 NEWSLETTER EDITORS  
 Dave Mutchler 484-8872 dmutchler@q.com  
 Karen Vinnes 483-1103 knvinnes@comcast.net  
 PUBLICITY: Leif Erickson 439-5040 lericks@pressenter.com  
 NEWSLETTER MAILER: Beryl Boe 222-7076  
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 NORSK CLASSES Sheryl Hove 738-4908 sherylhove@netzero.net  
 Crystal Bloecher 774-8545  
 WEBMASTER Dave Mutchler 484-8872 dmutchler@q.com  
 FOUNDATION Ron Stow 439-7255 burle103@aol.com  
 SCHOLARSHIP Clay Keller 310-9667 keller.clay@gmail.com  
 JR LODGE/PEER GYNT DANCERS Susan Stow 439-7255 burle103@aol.com  
 AUDITORS Bob Smith 222-6888 / Ed Gilbertson 732-2356 /  
 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**



**St. Paul, MN**

**Upcoming Activities**

**Roar Moe of Norway - Tues. Oct. 14  
Torsk & Meatball Dinner - Sat. Oct. 25  
Genealogy Group Meeting - Sat. Nov. 1**

**More Info Inside**

The Mission of Sons of Norway is to promote and to preserve the heritage of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members. Synnøve-Nordkap Lodge welcomes visitors and new members.