

SynNor Brevet

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**Synnøve-Nordkap
Lodge #1-008**



**May 2009
Number 9:5**

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

Voice Messages: 651-762-7872



Join us at our May meeting when Amy Okaya shows us Nordic Walking.



Nordic Walk for Life's owner and principal instructor, Amy is a Professional level Nordic Walking Instructor certified by the American Nordic Walking Association, and holds a Masters degree in Community Health Education from the University of Minnesota.

Through her teaching, wellness program development, and events, Amy combines her experience in many forms of sports, dance and exercise; a professional career in health promotion and public health; and a love of nature, to create a rich and enjoyable recreational experience.

"My goals are to help you develop solid technique, feel confident and enjoy Nordic walking -- so you receive the maximum health benefit and have the maximum amount of fun, every time you walk!"

Amy lives in White Bear Lake with her Norwegian American husband.

Scandinavian Culture and News

Hamsun Year in 2009

“He still has an enormous position as an author, but at the same time he receives a lot of attention for his political beliefs,” says Vigdis Moe Skarstein, director of Hamsun Year 2009.

Knut Hamsun (1859 - 1952) was a Norwegian author who wrote, among many others, the book *Hunger*. During the Second World War he supported the Nazis and wrote German-friendly articles in Norwegian newspapers. After the war, Hamsun was forced to pay restitution for having supported the occupation.

Hamsun Year 2009 will commemorate the 150 year anniversary of Hamsun’s birth. The author is still controversial, especially when the organizers of Hamsun Year 2009 go looking for corporate sponsors. Trond Blindheim, rector of Norges Markedshøyskole, a Norwegian marketing school, is not surprised that businesses are wary of supporting the event. “These days people see Hamsun as being in the same league as Quisling and Rinnan and we have to remember that they were the most hated people after the war. Hamsun himself wrote that everything would be forgotten, but it isn’t.”

In addition to the much-discussed financial crisis, Hamsun’s Nazi sympathies are certainly scaring sponsors. While Ibsen Year 2006 commemorated that year with 70 million Norwegian kroner, Hamsun Year 2009 has to make do with 7 million kroner.

from: nrk.no/nyheter/kultur, s/n

Norwegians Lose their Licenses

2008 earned a dubious record in Norway. Numbers from the police show that 6,137 individuals lost their driver’s license last year. That’s an increase of 12.5% from 2007. Never before have so many lost their license in a single year.

“It’s very troubling that license-revocation is still increasing,” said police official Odd Reidar Humlegård. “It is especially serious when you consider the enormous danger reckless drivers pose to themselves and other motorists. In the course of the last five years, we have seen a dramatic increase of 68% in the number of revocations,” said Humlegård.

“The increase is due to the focus we have made on shutting down the worst drivers,” he said.

from: nettavisen/innenriks

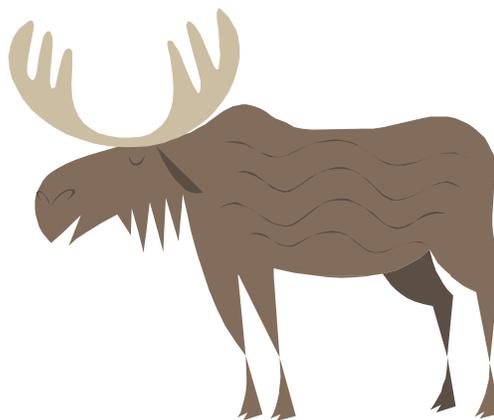
Elg, Elk and Moose

Many North Americans are surprised to learn that the animal we call a moose is also native to Norway. When we think of typically Norwegian animals, the whale, seal or bear might come more quickly to mind, or even the lion which, although not seen in Norwegian forests for some time, is found on the Coat of Arms of Norway.

Norwegian moose -- called “elg” in Norwegian -- are actually the same species as American moose, known in Latin as “Alces alces.” The English word “elk” is related to the Norwegian word “elg” which, confusingly, refers to an entirely different animal. According to the Oxford Introduction to Proto-Indo-European and the Proto-Indo-European World the discrepancy seems to be due to the fact that “Alces alces” was extinct in Britain by about the year 900 AD, but the word “elk” remained in the English language, probably as a vague term meaning “large deer.” Much later as British explorers traveled the New World, they needed words to describe the animals they found there. “Elk” came to describe a different species (*Cervus elaphus*, aka red deer) while a local Algonquin (American Indian) word -- mooz -- was brought in to describe “Alces alces.”

But an “elg” has always been an “elg” in Norwegian. Whatever you call it, Norwegians love their “elg,” which is sometimes stylized as skogens konge, or “King of the Forest” and often appears as an artistic cliché known as “elg I solnedgang” (moose in the sunset).

from: Aftenposten English Web Desk



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,

I wish our 6 new members a warm welcome to Synnove Nordkap Lodge. Wow, what a wonderful Membership Dinner we had last month! As I stood at the back of the room and saw all the tables full of happy people, I could hardly contain myself. The first thing I thought was, "I hope we have enough food!" Not only did we have enough food; we had surplus enough to offer seconds and had still more to send some home for the next day's lunch. We had 20 prospective member/guests, and 6, so far, have submitted membership forms. Perhaps some of the rest will follow through soon. The Cultural Skills tables were a great success. The only problem I could see was there were too many things to see and do and not enough time to do everything. Steve Roste, our Cultural Skills Director, did a super job pulling this program together. He deserves a round of applause from us all. Be certain to commend him on this terrific program.

Immediately before this is delivered to you, the Festival of Nations will have just taken place. I always look forward to this, our largest fundraiser. It is a wonderful opportunity to get to know other members better while we work for the good of the lodge. And...even though it is a cliché, "Many hands DO make light work." Patty Carlson, our Festival Chair, has invested multiple hours to launch it. Kudos to her and all the rest of the workers with tired feet and buttery fingers.

As I write this, I can't help but bathe in the afterglow of seeing new members enter the Lodge and anticipate the fun and fellowship that Festival of Nations always provides. We are a GREAT Lodge! Thanks for being and becoming a member.

Blessings,
Sharon Amann

It is always nice to see so many of our members enjoying themselves at our events. Those of us who know Mildred Stanke were glad to see her with her usual smile at our membership dinner. She always seems to be so very happy to see her friends in the lodge.



Marcella
Strand

Frank
Jondal

Jean
Verner

Marit Lee
Kucera

John
McGuire

Richard
Wilson

John
Mjolsness

As mentioned in Sharon's letter, we had six new members join at our Membership Dinner, and another who filled out his application to do so. All seven are pictured above, with John still to submit his membership forms. We hear from Harry Thomson that his guest, Howard Vansteenbergh, is also joining.

Lodge News

Board Meeting Minutes, April 7, 2009

Attendees: Sharon Amann, Patty Carlson, Ruth Gibson, Rod Hale, Sue Halvorson, Trudi Johnson-Richards, Clay Keller, Mary Beth and David Mutchler, Steve Roste, Ron and Susan Stow, and Harry Thomsen.

Old Business:

Plans for the April meeting were reviewed. It was noted that members are not signing up to bring treats to meetings. Patty Carlson gave an update on plans for the Festival of Nations. The lodge received information regarding the privacy policy from the Sons of Norway Headquarters in regard to lodge directories. Dave Mutchler has implemented this policy accordingly. It was noted that the price of cod is coming down for the coming year as planning has begun for the Torsk and Meatball Dinner. The Nordic walking speaker for the May meeting was verified and preliminary planning for the fall meeting programs was begun. Possibilities for a summer trip were also discussed.

New Business:

Clay Keller announced that one scholarship application had been received but that there could possibly be more in the mail that would still meet the deadline. Dave Mutchler was able to find a board meeting location for the May and June meetings at the Shoreview YMCA as all of the libraries were not available. Sharon announced that sandwich makers were need for the Joint Lodges Syttende Mai celebration on May 19. Norway Day will be on Sunday, July 12 in Minnehaha Park, and there is a Lutefisk Golf outing on July 19 in Owatonna, Minnesota.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, May 5 in the conference room at the Shoreview YMCA on Lexington Avenue south of I 694. Just south of Target, its address is 3760 N. Lexington Ave. **NOTE: YOU WILL NEED TO BRING PICTURE ID TO GAIN ACCESS!**

Lodge Meeting Minutes, April 14, 2009

The lodge had a wonderful turnout of 102 members and guests at our membership dinner. Our guests were Cynthia Chapin, Tom Currie, Bill Davies, Shirley Decker, Carolyn Heim, Genell Jacob, Frank Jondal, Marit Lee Kucera, Joyce Kvass, Karla Leaf, Ron Leaf, Olga Lindahl, John McGuire, John H. Mjolsness, David Olson, Marcella Strand, Howard Vansteenber, Jean Verner, Vivian Von De Linde, and Richard Wilson. Six of our guests became members at the meeting. They are Marit Lee Kucera, Frank Jondal, John McGuire, Marcella Strand, Jean Verner and Richard Wilson.

We sang the Norwegian Table Prayer and then enjoyed a delicious roast pork dinner. The junior lodge entertained us by dancing and singing at the end of the dinner. They will also be dancing at the Festival of Nations on Saturday, May 2 at 12:30 pm.

The March minutes were approved as printed in the lodge newsletter.

Additional volunteers are needed for the Festival of Nations cooking day on April 27 and to help setup on April 29. This is our main fundraiser to support the lodge scholarships and lodge programs.

Vice President Ron Stow awarded bronze pins to LaVonne Selvog, Rebecca Urban, Len Carlson and Susan Stow for recruiting new lodge members this past year. He also pointed out the numerous benefits of belonging to the Sons of Norway.

Clay Keller announced that the lodge had received two applications for college scholarships.

Greg Hovland gave information about Sons of Norway financial products. Len Carlson presented the lodge with a check for \$92.87 as part of the financial products revenue sharing program.

Sharon announced that the Joint Lodges were having a sandwich supper May 19 for Sytennde Mai at the Swedish Institute. Contact Sharon if you are interested in going. She also announced that Norway Day would be July 12 and the District 1 Lutefisk Golfing Tournament would be on July 19 in Owatonna.

Lodge members and guests sang the Norwegian song "Nidelven".

Members celebrating April birthdays were Sharon Amann, Jane Urness, Lenore Jesness, Marcella Strand and Joanne Nordale. Celebrating April anniversaries were Curt and JoAnn Hogenson, Wayne and Pat Bjorum, Charles and Ann Beardshear. Jan Hovland and LaRee Opdahl each won a Norway baseball cap as a door prize.

Cultural skills director Steve Roste coordinated the program that featured the Cultural Skills Units of the Sons of Norway. Members brought examples of their work in the various areas and discussed them with other lodge members and guests.

We thank our servers for the delicious refreshments: Susan and Ron Stow, JoAnn and Curt Hogenson, Lisa Mutchler and Harry Thomsen.

Submitted by Sue Halvorson, Secretary

Calendar of Coming Events

| | | |
|-------------------------------|---|--|
| <u>April 30 to May 3</u> | <u>Festival of Nations</u> St. Paul River Centre Come support our lodge and/or sign up to volunteer! Call Patty Carlson to help. (651-226-0697) | |
| <u>Tuesday May 5</u> | <u>Synnøve-Nordkap Board Meeting</u> Conf. Rm.; Northwest Family YMCA 3760 Lexington Ave. N, just So. Of Target (651) 483-2671; BRING PICTURE ID! | 7:00 PM To 9:00 PM (Note location change) |
| <u>Saturday May 9</u> | <u>Junior Lodge Peer Gynt Dancers</u> Our Savior's Lutheran Church 1616 W. Olive in Stillwater - New members welcome | 1:00 PM to 2:30 PM |
| <u>Tuesday May 12</u> | <u>Synnøve-Nordkap Lodge & Social Event</u> <u>Nordic Walking Presentation with Amy Okaya</u> | 7:00 PM |
| <u>Tuesday May 19</u> | <u>Syttende Mai Celebration</u> Sponsored by the Joint Committee of Metropolitan Lodges, Sons of Norway American Swedish Institute in Minneapolis See page 8 for more information. | 6:30 PM |
| <u>Tuesday June 2</u> | <u>Synnøve-Nordkap Board Meeting</u> Conf. Rm.; Northwest Family YMCA 3760 Lexington Ave. N, just So. Of Target (651) 483-2671; PRINT PICTURE ID! | 7:00 PM To 9:00 PM |
| <u>Tuesday June 16</u> | <u>Mid-Summer Picnic</u> Island Lake Park, Shoreview Put this fun evening on your calendar now! | (Note Date!) |
| <u>Fri-Sun June 19-21</u> | <u>Valdres Stevne in Plymouth, MN</u> See page 8 for more information. | |
| <u>Sunday July 12</u> | <u>78th Annual Norway Day</u> Minnehaha Park in Minneapolis | |
| | Continue sending in your lodge biographies to Rod Hale; we need more to try to publish them! | |

Ingebretsen's (612) 729-9333

Write Your Memoir
Preserve family stories and tell a few tales of your own in Lois Nereim Wilder's writing class. \$65
Session II: Wednesdays, May 6, 13, 20, 27, June 3, and 10

Norwegian Heritage Day

St. Olaf College
May 8, 2009
Norwegian Heritage Day
See details on following page

Syttende Mai Celebrations:

1. At Vesterheim, Decorah, IA
May 16 & 17
Free museum admission both days, children's parade, activities and Nordic Dancers on Saturday, May 16
2. At Mindekirken, 924 E. 21st St.
Minneapolis, MN
Sunday, May 17
The day starts with a chorale prelude at 10:30, festival service at 11 AM., and parade and entertainment following at noon. Players for the marching band are wanted!

Photo Exhibit at Vesterheim

"Augustus F. Sherman: Ellis Island Portraits 1905-1920." May 11-July 5, 2009, Main Building at Vesterheim. See vesterheim.org for complete details.

Lutefisk Golf Outing

July 19, 2009
Brooktree Golf Course
Owatonna, MN
Info: 507-451-5841

Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM
Tuesdays before lodge meetings in May and resuming in the Fall.
- (2) "Norsk Spraktid" Class 6:30-8:00 PM Thursdays
Sun Ray Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St.
2/mo/ May 21 & 28

For information, contact class co-facilitators: Sheryl Hove 651-738-4908, Crystal Bloecher 651-774-8545 or Susan Stow 651-439-7255
New participants are invited to join the classes

Genealogy Group News

The lodge genealogy group met at the Stillwater library on Saturday, April 18. We had 10 members in attendance and several PC's busy working. After the meeting, we went to lunch for some further discussion and comraderie. Future meetings will involve more research skills and a visit to the Minnesota Genealogical Society.

If you are interested, check out our web page for its genealogy links, and keep an eye out for the special link soon to appear with insider information on our Genealogy Group and tools to help you with your own family tree.

Stamp Group?

There seemed to be some interest at the April meeting in forming a lodge group for stamp collectors. Contacts are Mary Beth Mutchler (651-484-8872) or Don Halvorson (651-489-1952).

Norwegian Heritage Day Friday, May 8, 2009

President David R. Anderson '74 invites alumni, parents and friends to return to campus on Friday, May 8, to help us celebrate Norwegian Heritage Day. Let's honor the past and our Norwegian roots, celebrate today and embrace the future. The keynote speaker for this event is Solveig Tweet Zempel '69, professor of Norwegian. Solveig will speak about O. E. Rolvaag, whose lifelong work revolved around his idea of the necessity of preserving the best in one's ethnic heritage. Solveig will present these ideas through an illustrated talk about Rolvaag's background from Norway, his early life as an immigrant, his education, and his work as a teacher, author and leader in the Norwegian-American community.

Schedule of Events

11:30 a.m. - noon: Registration, Black and Gold Ballroom, Buntrock Commons

Noon - 12:15 p.m.: Welcome and greetings by President David R. Anderson

12:15 - 1:00 p.m.: *Norwegian Luncheon (plated meal)*: *Lefse and pickled herring, dilled cucumber salad, roasted pork loin with gravy, roasted root vegetable puree, steamed broccoli, and cream cake with rosemary pears and strawberries. *Vegetarian option: Grilled vegetable strudel with pesto cream sauce

1:00-2:00 p.m.: *Program* Norwegian music provided by Paul Christenson '55 and Loey Wold Christenson '55

Presentation by Solveig Tweet Zempel, Professor of Norwegian

Topic: "The Life and Work of O. E. Rolvaag: Author, Teacher, Immigrant"

2:15-3:15 p.m.: *Documentary* /"Crown Princess Märtha: the American Story"/ hosted by Gary De Krey, professor of history, NAHA archivist and director of the Center for College History; Viking Theater, Buntrock Commons

Information: We encourage you to wear Norwegian attire or your bunad.

A 15% discount will be offered on all gifts, clothing, and general reading books (excluding St. Olaf music) in the St. Olaf Bookstore to those wearing a nametag.

Parking on campus is limited and might be a distance from the Buntrock Commons. Come early to allow time to find a space.

***Date: * Friday, May 8, 2009 *Time:* Registration begins at 11:30 AM**

***Location: * St. Olaf College, Buntrock Commons, Black and Gold Ballroom**

I am an Area Representative for International Student Exchange (ISE). We are hoping to place 100+ foreign exchange students, for the upcoming school year, in the St Paul School district. The Placement Center has expressed a high degree of interest in doing this. Our challenge is in finding enough host families. We have many Norwegian and other Scandinavian students who desire to be in the Twin Cities. I know these students would be a great benefit to your school, and to the families of your students. If you could assist me in getting in touch with any potential host families - that would be much appreciated. Perhaps some of your staff, or the families of the students would be interested. I thank you in advance.

Randy Hockert, Area Representative, International Student Exchange Ph. 651.230.7222

Junior Lodge Dancers at Membership Dinner

We were happy to see some of our Peer Gynt dancers at the membership dinner. Since it was a school night, some could not attend, but as the pictures below indicate, they were well represented.



The Local Scene

2009 Syttende Mai Celebration

The Joint Committee of Metropolitan Lodges, Sons of Norway,
invites you to join their Syttende Mai celebration
at the American Swedish Institute,
2600 Park Avenue South, Minneapolis,
on May 19th at 6:30 PM

Following a reminder of the significance
of May 17th,
The Fjell og Fjord Dancers will perform for us.
We will then enjoy a sampling of
open-face sandwiches and coffee.

A donation of \$5 is
requested.

Please call Louise Bakken
at 763-545-4827
to reserve a space.

The **2009 Valdres Stevne** will be held in Plymouth, MN, on June 19-21. Genealogy, arts and crafts, workshops and seminars will be part of the program. Presenters include Tom Hanson, Mary Jo Thorsheim, Orlyn Kringstad, and Odell Bjerkness. Evening programs include Bunad Parade, the Hardingfelalag of Minneapolis, and Midsommer's bonfire. Sunday's events include visiting Minnehaha Park and attending Mindekirken's 11 a.m. Norwegian service. More information is available at www.valdressamband.org or contact Earl Evenstad, President, 612-861-4793.

Upcoming opportunities at Skogfjorden

- "*Norsk Språk Helg på Skogfjorden*" – **Norwegian Adult Weekend** – April 23-26, 2009. Cost for room, board, meals and instruction is only \$345.
- **Rosemaling Workshop** – September 20-23, 2009. Cost for room, board and instruction is only \$345.
- **Norwegian Genealogy Seminar** – September 24-27, 2009. Cost for room, board, meals and instruction is only \$405. Bring your laptop computer as we are wireless at *Skogfjorden*, the Norwegian Language Village.
- "*Opplev Norsk og Norge i Minnesota - Experience Norwegian and Norway in Minnesota*" – **Norwegian Elderhostel - #6799** – September 27-October 3, 2009. Cost for room, board, meals and instruction is \$660.

Go to www.ConcordiaLanguageVillages.org for more information.

(Sandeens, continued from top right of next page.)

Gail and Sandy are both gone now, but daughter Kay continues to run the shop with the help of Sparkle, her feline greeter. Most of the year they are open Thursday, Friday and Saturday from 11-5 with additional days during December. They invite you to stop by for that special Scandinavian gift, craft supplies, or decorations for Syttende Mai or your family reunion. Present your Sons of Norway membership card for a one-time 5% discount on your entire purchase.

This and That

(We are always interested in members submitting articles on books they have read or movies or plays they have seen.)

THE CORNER LIBRARY

-By Trudi Johnson-Richards

On April 9, 1940, air raid sirens sounded across southern Norway. By sunrise, German warships and submarines had entered Norway's fjords. Fighter jets and bombers were flying over Norway's cities. Nazi paratroopers would drop from the sky. Hitler wanted control of the country's seaports and shipping lanes. The Nazis wanted to capture King Haakon and a large supply of gold bars that Norwegian loyalists took from Oslo. A small group of Norwegians risked their lives to move the country's gold supply out of Nazi reach. It was shipped to England where it could help Norway's war effort. Norway's Liberation Day was five long years away.

Assault in Norway by Thomas Gallagher is the true story of brave Norwegian exiles, trained in Britain by Special Operations Executive, who infiltrate their homeland, hide out in the forest and await the opportunity to launch one of the war's most daring commando raids. The Nazis had access to large quantities of an ingredient crucial to atomic experimentation known as "heavy water" which was located at the Vemork factory. The book is based in large part on interviews with the commandos. This book was published in 2002 and is the story of Norwegians sabotaging the Nazi nuclear program.

Defiant Courage is a true story about Norway's longest World War II escape. In late March of 1943, four Norwegian saboteurs arrived in northern Norway on a fishing cutter and set anchor in Toftefjord. They hoped to establish a base for sabotage operations and eventually liberate occupied Norway. The saboteurs are betrayed and a German boat attacks their cutter. Only one man survives the attack, Jan Baalsrud. He begins the journey to freedom. He is wounded, swims icy fjord waters, endures snowstorms and is thrown off a mountain by an avalanche. Jan Baalsrud is running from the Gestapo and suffers snow blindness and frostbite. More than 60 people risk their lives to help the fugitive commando. This story is about the courage of Jan Baalsrud and the people of Northern Norway.

Defiant Courage is written by Astrid Karlsen Scott and Dr. Tore Haug and was published in 2001. Astrid Karlsen Scott, a native of Norway, is internationally known for her books on Norwegian culture.

Snow Treasure by Marie McSwigan, published in 1988, is a fiction book for young readers. This is the story of a twelve year old, Peter Lundstrom, whose life is changed in 1940. The book is based on events that were said to have actually taken place during World War II.

These books are not in the Synnove-Nordkap Library, but are available at local libraries and the Sons of Norway Lending Library, 612-827-3611 or 1-800-945-8851.

Why not consider an ad in our newsletter?
The cost is \$10 / issue, or \$100 / year.
Contact synnove1@q.com .

We welcome lodge member Kay Sandeen's ad to our newsletter this month!

Sandeen's Gifts opened in Autumn, 1955, founded by Gail and Sandy Sandeen, both Synnøve-Nordkap members. Gail was an artist specializing in Rosemaling and later in Dalamåning, Swedish Folk Art. Eventually both their daughters entered the business. Over the years, the merchandise expanded from gifts, books and cards to include supplies for folk painting (unfinished wood, instruction books and patterns, paints, brushes and mediums), and Scandinavian needlecraft (kits, patterns, books, hardware, and Hardanger embroidery fabrics and thread).

(Continued on bottom of page 8)

| | |
|--|---|
| ROSEMALING ART SUPPLIES | IMPORTED GIFTS NEEDLECRAFT |
| <i>Sandeen's Scandinavian Gifts, Art & Needlecraft</i> | |
| O. A. SANDEEN GAIL R. SANDEEN KAY E. SANDEEN CAROL BOURQUIN | 1315 WHITE BEAR AVE. ST. PAUL, MINN. 55106 PHONE 651-776-7012 |



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E-mail: lfcfinancial@msn.com

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**Synnøve-Nordkap Lodge #1-008
Sons of Norway
3496 Nancy Place
Shoreview, Minnesota 55126-8005**



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2008 OFFICERS & Committee Chairs

PRESIDENT Sharon Amann 631-0399* slamann@comcast.net
 VICE PRES./ MEMBERSHIP Ron Stow 439-7255 burle103@aol.com
 SECRETARY Sue Halvorson 489-1952 sahalvors@comcast.net
 MEMBERSHIP SEC. Trudi Johnson-Richards 482-0096 trudijr@visi.com
 TREASURER Clayton Lance 730-5567 clance12@qwest.net
 SOCIAL DIRECTOR Pat Carlson 226-0697 (cell) pat.carlson@state.mn.us
 Shirley Brekke 774-2154
 CULTURAL DIRECTOR Steven Roste 247-1524 sjroste@hotmail.com
 COUNSELOR Len Carlson 651-253-1943 lcarlson@sofn.com
 TRUSTEES Taffy Storck 222-2857
 Meredith Berg 715-386-6680 maf914@sbcglobal.net
 LeRee Opdahl 738-6072 laopdahl@hotmail.com
 MARSHALL Curt Hogenson 698-5783 jchogie@unique-software.com
 ASSISTANT MARSHALL Ron Kvaas 481-9868
 SPORTS DIRECTOR Rod Hale 636-4284 hale780243@aol.com
 HISTORIAN Lenore Jesness 778-1421 ljes@usfamily.net
 MUSICIAN Susan Stow 439-7255 burle103@aol.com
 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@presenter.com
 NEWSLETTER MAILER: Beryl Boe 222-7076
 ADOPT-A-SCHOOL COORD. Ruth Gibson 429-5572
 SUNSHINE Judy Cullen 771-9891
 LIBRARIAN Trudi Johnson-Richards 482-0096 trudijr@visi.com
 GENEALOGY Cathie Reasoner 646-8483 harrie1030@netzero.com
 Fred Matson 777-6108 norhemian@comcast.net
 NORSK CLASSES Sheryl Hove 738-4908 sherylhove@netzero.net
 Crystal Bloecher 774-8545 Susan Stow 439-7255 burle103@aol.com
 WEBMASTER Dave Mutchler 484-8872 dmutchler@q.com
 FOUNDATION Clay Keller 310-9667 keller.clay@gmail.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

**Nordic Walking with Amy Okaya - May 12
Syttende Mai Celebration - May 19
Mid-Summer Picnic - June 16**

More Info Inside

The Mission of 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. Synnøve-Nordkap Lodge welcomes visitors and new members.