

SynNor Brevet

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**Synnøve-Nordkap
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WEB SITE: <http://synnove1.com>

Voice Messages: 651-762-7872



Join us for our September 8 meeting, when Marv and Louise Lang present “Peter Wessel Tordenskiold . . . Naval Hero Extraordinaire!” Born in Trondheim, he became Norway’s, and perhaps Denmark’s, greatest naval hero.

See page 6 inside for more information about this program.

Scandinavian Culture and News

Food Revival

Although Norwegian cooking for many is synonymous with lutefisk and lefse, such dishes are not necessarily the hallmark of the country's food traditions any more.

A new generation of chefs have reinvented Norwegian cuisine, and even taken it to an Olympic level. As a matter of fact, the Norwegian Culinary Team made history when, for the first time ever, it won the Culinary Olympics in Germany in the fall of 2008, outmaneuvering 31 other countries. The next Olympics will be held in 2012.

"We worked systematically and prepared for four years," team manager Svein Erik Renaa said. A winning menu consisted of trout caught in the Norwegian fjords as well as a lamb dish. "We are ambassadors for Norway and Norwegian fare, so we use the best raw materials the country can provide."

For a long time it has been common to use imported products, but now there is a growing trend among Norwegian chefs to use more raw ingredients from Norway in their cooking.

Topping the list are Norwegian fish and shellfish, followed by Norwegian lamb and wild game, according to a study recently conducted by the Gastronomical Institute. Cured meats and a variety of cheeses have also become more popular at gourmet restaurants.

"The chefs' appreciation for Norwegian raw ingredients is obvious. They are proud of what we have in Norway. Locally produced goods that also connect to a place, tradition or 'history' are something that is in demand and chefs want to use," said Britt Elisabeth Olsen of the Gastronomical Institute.

Forty of 51 chefs surveyed said a product's origin makes a difference in their choice of foods, given that it was a quality product.

"It is a lot more enjoyable for me to tell my guests that the lamb I am serving is from the Norwegian countryside and not from New Zealand. It adds a certain quality to the meal," said Jørn Lie of Oslo's Restaurant *Det Gamle Raadhus*.

Lie believes the availability of foods from Norway is better today than as few as five years ago. For example, Norwegian lamb has gone from being a seasonal product, often used in the traditional fårikål (lamb and cabbage stew) to being a high-quality product available all year long.

By: Arild Strommen, *News of Norway* 2/2009

Norway's "Right to Roam"

In Norway, everyone enjoys the right of access to, and passage through uncultivated land in the countryside, forests and mountains, whether public or privately owned. This is called "the right to roam," a traditional freedom that was secured by legislation in 1957.

Visitors are completely free to pick wild berries and mushrooms, fish from the shoreline or by boat in saltwater areas. Fishing in rivers and lakes, and hunting are allowed after obtaining a permit.

All visitors are expected to show consideration for farmers and landowners, the environment and biological diversity.

From: *News of Norway* 2/2009

Science Week 2009 September 27 - 30

This year's Science Week, "Discover, Innovate, Collaborate," will for the first time be held in Minneapolis, MN. Honorary Consul General and former U.S. Vice President Walter Mondale, Norway's Minister of Research and Higher Education Tora Aasland, Ambassador Wegger, Chairman Strommen, and President of the U of M Robert Bruininks welcome you to an exciting event.

The conference is open and free, although registration is required. Lectures and discussions deal with the theme: "To survive on this planet, science and innovation are necessary tools. We need to develop new energy concepts and go beyond the hybrid car. We need clean technologies and medical technologies. We need new knowledge about biodiversity, resources and the environment. We need international partnership and good policies."

Location of conference: University of Minnesota, McNamara Alumni Center, 200 Oak St. SE, Mpls 55455. Begins with evening dinner on 27th, conferences the 28 & 29th, with visits & excursions on the 30th.

Contact Ellen Ewald at (612) 332-3338 or elew@mfa.no. For info, registration and program, see www.norway.org/restech

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

Fra presidenten

Dear Members,

I am really enthused about our Fall Kick-Off meeting. It will be so good to see your smiling faces again. Some of you did not attend our rainy, chilly Mid-Sommer picnic in June, and only 32 of us attended the day trip to Norsk Wood Works in Barronett, Wisconsin, so it has been a while since we have been together as a group. I look forward to having as many members as possible attend this meeting of fun, fellowship, and Norwegian culture while we listen to Marv Lang speak about naval hero, Peter Wessel Tordenskiold.

As I look ahead to the coming months, two of our favorite events are just around the corner. Be certain to schedule the Torsk & Meatball dinner on Saturday, October 24, and the Julebord on December 8 on your calendars. Both of these events need volunteers, so please be prepared to sign up at our September 8 meeting.

Blessings,
Sharon

Our sympathy to Susan Stow and family on the death of Susan's mother, Myrtle Qualle. A long-time member of the Lakeville lodge, Myrtle attended a number of our lodge events, including last year's Torsk and Meatball Dinner and our "Antique Road Show" event.

At September's meeting, Susan Stow is going to teach us the Happy Birthday song in Norwegian! There will be song sheets at the meeting, but for those who like to practice first, here are the words:

Happy Birthday in Norsk

Hurra for deg som fyller i år!
Ja, deg vil vi gratulere!
Alle i ring omkring deg vi står,
og se, må vil vi marsjere,
bukke, nikke, neie, snu oss omkring,
danse for deg med hopp og med spring,
ønske deg av hjertet alle gode ting,
og si meg så hva vil du mere.

The deadline to submit items to the Brevet for the coming month is normally the 20th of the previous month. Please keep this time frame in mind, and keep those news items coming!

Thanks,
-Dave dmutchler@q.com or 651-484-8872

Norwegian webcams

For a website that has links to most of the webcams in Norway, try the following link:
<http://www.webcamsinnorway.com/webcams.php> .

Lodge News

Board Meeting Minutes, August 4, 2009

Attendees: Sharon Amann, Rod Hale, Sue Halvorson, Clayton Lance, and Mary Beth and David Mutchler.

Old Business:

Plans for the September meeting were finalized. Plans for the remainder of 2009 lodge meetings were discussed. There will be a planning meeting for the Torsk and Meatball Dinner at Trudi and Jerry's on August 18. Some items for discussion by the dinner committee were presented. The Joint Lodges still have not set a date for the play "Away in a Basement – A Church Basement Ladies' Christmas". (Editor's note: this has now been set for Sunday, December 27.)

New Business:

Suggestions for lodge programs in 2010 were made and discussed. Additional fundraisers were discussed to increase funding for lodge scholarships and activities. Susan will be teaching the lodge the Norwegian birthday song to sing at meetings. Possible openings for lodge officers in 2010 were identified.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, September 1 at the Maplewood

Lodge outing to Norsk Wood Works, July 11, 2009

The day unfolded beautifully with about two-thirds of the attendees that wished to car pool meeting at Ron and Susan Stow's in Stillwater. Others drove ahead to meet and lunch at the Turtle Lake Casino, where the buffet was very nice.

Phil and Else's farm is a bit hard to find, but as you drive past on County Road H, you can see the fjord horses to your left, so you know you missed the driveway! The horses and training barn are visible as you approach through a small grove of trees that shelter the historic farmstead. The house is shaded and surrounded by the grove, almost like a stabbur at the entrance.

Small groups were guided through the main floor rooms furnished with the fantastic woodwork and carvings of Else and Phil. We also were shown their workshops upstairs in the barn loft, where many projects were in progress and where classes are held. Some members intend to enroll in a class. The loft is full of their skillful and quality replications of traditional Scandinavian art objects. (See pictures on page 7.)

After being treated with coffee and other beverages with krumkaka and more, we went outside, where Phil gave us a fjord horse carriage demonstration. He explained the Fjord Horse Show Competition and demonstrated with one of his favorite geldings. Many in the group were charmed by the horses. Both Phil and Else held group and personal question and answer sessions in the shade.

32 members attended; we welcomed Robert Skogard, who joined us from Nideros lodge.

Calendar of Coming Events

<u>Tuesday</u> Sept. 1	<u>Synnøve-Nordkap Board Meeting</u> Maplewood Library conference room; 3025 South-lawn Dr. (W. side Maplewood Mall)	7:00 PM To 9:00 PM
<u>Tuesday</u> Sept. 8	<u>Synnove-Nordkap Lodge & Social Event</u> Marv Lang talk on Peter Wessel Tordenskiold See write-up on next page!	7:00 PM
<u>Saturday</u> September 12	<u>Lodge Orienteering</u> Lake Maria State Park. Monticello, MN \$8.00 (or share for \$4.00) Reserve a spot with Rod Hale 651-636-4284 by Thursday, September 10th.	Noon to about 2:00 PM
<u>Saturday</u> September 12	<u>Junior Lodge meeting at Our Savior's Church</u> 1606 W. Olive in Stillwater Learn new dances from Stow's Norway trip!	1:00 To 2:30 PM
<u>September</u> 16-19	<u>2009 Solørlag Stevne</u> Holiday Inn, Willmar, MN Representing descendents from the Hedmark area, there will be genealogy labs, assistance, seminars, crafts & vendors Contact: Joanne Sorbel at djsorbel@aol.com	
<u>Tuesday</u> October 6	<u>Synnøve-Nordkap Board Meeting</u> Maplewood Library conference room; 3025 South-lawn Dr. (W. side Maplewood Mall)	7:00 PM To 9:00 PM
<u>Tuesday</u> October 13	<u>Synnove-Nordkap Lodge & Social Event</u> <u>Lodge Biography Presentations</u> Contact Rod Hale to reserve your spot	7:00 PM ----->
<u>Saturday</u> October 24	<u>Lodge Torsk & Meatball Dinner + Silent Auction</u> A great fundraiser for our lodge! *** <u>Items needed for Silent Auction</u> *** <u>See next page for more information!</u>	5:00 PM
<u>Tuesday</u> Nov. 10	<u>Synnove-Nordkap Lodge & Social Event</u> <u>Jr./Sr. Lodge Challenge!</u> Who can answer the most questions?	7:00 PM
<u>Tuesday</u> Dec. 8	<u>Synnove-Nordkap Lodge & Social Event</u> Julebord	6:00 PM
<u>Sunday</u> December 27	<u>Joint Lodges</u> "Away in a Basement: A Church Basement Ladies Christmas" at Plymouth Playhouse	2:00 PM

Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meetings; September, October, November. For September 8: Lessons 1 & 2.
- (2) "Norsk Nordmenn og Norge" text. Class 6:30-8:00 PM Thursdays September 24, October 22 & 29, November 12, December 17. Sun Ray Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St. For September 24: Chapter 17, page 264.

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.

Ingebretsen's Fall Events: ingebretsens.com or 651-497-6027

Genealogy Class: Sept. 12-Oct. 17th (6 classes) 9:30 AM-11:30 AM. Cost: \$80

Scandinavian Day - Saturday, Sept. 12
At Midtown Market, E. Lake & Hiawatha.

Ingebretsen's Wedding Fair- Sept. 19

Norwegian Dog Sweater Style Show - September 26

Kransekake

Lorraine Jasinski teaches how to make kransekake, the spectacular "crown cake" that appears at all truly special occasions in Norway. Lorraine teaches how to make the flour from ground almonds, how to get "a feel" for the dough (this is hands on, so bring an apron), and how to put the dough into ring molds. She also shares tips on baking, decorating, and storing your cake. There will be plenty of coffee and kransekake samples throughout the class. \$35, Saturday, October 24, 2009 10-noon

Continue sending in your lodge biographies to Rod Hale; we need more to try to publish them! We're planning on another night of stories in October, so get yours to me now. Don't you want to see your name in print or in the big lights?!

Mindekirken

The Norwegian American Church

924 E. 21st St., Mpls

Fall Rømmegrot Luncheon

Saturday, September 26

Begins at 12:00 noon

Leiv Eriksson International Festival

September 26 to October 13

Annual Treasure Chest Sale

Saturday, November 7

For information call: 612-874-0716

Norsk Høstfest '08

Minot, ND Sept. 30, Oct. 1-5
North America's Largest
Scandinavian Festival.

Enjoy world class entertainment, shop in International Marketplace, see Nordic artists and craftspeople, enjoy culinary creations by renowned Scandinavian chefs

For information, call: 701-852-2368

Or check: www.hostfest.com

Upcoming Lodge Activities

Program on September 8:



"Peter Wessel Tordenskiold ... Naval Hero Extraordinaire!"

by
Marv & Louise Lang



Marv Lang will give an illustrated presentation about a distant relation of his - the Norwegian naval hero, Peter Wessel Tordenskiold. Accompanied by his wife, Louise, they will discuss the "Thunder Shield's" exploits and daring-do against the Swedes in the Great Northern War (1710-1719) which ignited the imagination of both the Norwegian people and sea-farers of the world and ultimately earned him the title *Tordenskiold*. A run-away from Trondheim in his teens, Sea Cadet on his twentieth birthday, and Vice Admiral of the Danish-Norwegian Fleet before age thirty is truly a meteoric rise in any navy. Peter Wessel is an exciting, dramatic and truly historic figure in Norway's rather meager line of military heroes. His brief life seemed to have awakened within the Norwegian peoples a sense of pride and patriotism. For the first time in nearly 350 years, Norway had been stirred by the heroic efforts of a native born son. The way to victory had been shown by "en Nordbakke" and a degree of national honor attained. Norway had a new national hero ... one who had come from the unknown Trøndelag, dazzled the seas with brilliant achievements, and died young. Peter Wessel had the necessary pre-requisites to become a legend - and truly a legend the *Tordenskiold* became! Come, hear and even sing the song that honors this hero.

C. Marvin Lang is Emeritus Professor of Chemistry at the University of Wisconsin – Stevens Point and a long time member of the Genealogy Committee of Vesterheim Genealogical Center and Naeseth Library (now Norwegian American Genealogical Center and Naeseth Library) in Madison, Wisconsin. Marv's father was born on Lang-ørgan Gård in Rissa Parish, Sør-Trøndelag, Norway. His mother's ancestors were from Tretten-Øyer in Gudbrandsdalen, from Lunder-Norderhov in Ringerike District of Buskerud, and from the Finnskoga (Solør) regions of Hedmark. His wife of over 48 years is ...

Louise J. Lang is currently a full-time homemaker after having raised three sons and a 12 year career with Sentry Insurance Company, Stevens Point, Wisconsin. She currently volunteers at local nursing homes and is a 2nd grade Sunday School teacher. Both Louise's parents were born and raised in Småland, Sweden, who then immigrated to the USA where they met and married. Her ancestry has been found to have lived for over 400 years in Jönköping, Kalmar and Kronoberg Län, Sweden.

While they are here, Marv and Louise will be staying with lodge members **Maf and Les Berg**, with whom they have long been friends.

Items Needed for Silent Auction coming in October

At our Torsk and Meatball Dinner on Saturday, October 24, we plan to have a silent auction as a fundraiser. We already have a number of items donated by members, including two Norwegian sweaters, a solje, a kicksled, the book "Out Stealing Horses," a pewter candle holder, an apron, etc. We would like an assortment of goods, gift certificates, and services in many price ranges.

We are asking each of you to consider donating items or services for this occasion. By "services," we are thinking of items like a kransekake (at a future time), two hours of genealogical help, a dinner or outing, etc. Use your imaginations, and let's see what we can raise for a good cause!

We have Tax Deductible forms, and would like to include pictures and descriptions of items in the October newsletter, so time's awastin', folks!

Contact Mary Beth or Dave Mutchler with your ideas and items at 651-484-8872 or mbe43@q.com or dmutchler@q.com.

Thanks!

Norsk Wood Works

Our Saturday, July 11, outing to the farm of Else Bigton and Phil Odden is written up on the bottom of page 4. Below are some pictures from that very interesting day. (See also p. 4)



More Lodge News

Synnøve-Nordkap Sons of Norway Genealogy Group

Minnesota Genealogical Society Library Tour (new members are always welcome!)

Date: Saturday, October 31, 2009

Time: 10:00 AM to 12:00 noon

Location: Minnesota Genealogical Society, 1185 Concord Street North, Suite 218, South St. Paul, MN 55075-1187.

Directions: From Highway 52, south of Lafayette Bridge, take Concord exit south past Butler Street. MGS will be on the west side. The building looks like a huge colored Rubik's Cube. Free parking lots are available next to the building. Take the elevator up to Suite 218.

Room: Suite 218 to MGS Library and adjoining classroom

Phone Number: 651-455-9057

Web Site: www.mngs.org

Tour Guide: John Schade E-mail address: johnschade@comcast.net

Schedule:

General tour of Library

Policies (copy machines, etc.)

Explanation of Norwegian Book Section and Resources

Research work in adjoining classroom

Computer Use: "MGS has wireless access but not to the MGS Library subscription sites"

Possible ideas for Lunch: Burger King and Subway, about 1 mile south on Concord.

Our thanks to Sheryl Hove for setting up this day!

Benefit News

How Secure Is Your Retirement Income?



tion is this, 'In these unsettled times you must create your own financial security'.

Greg Hovland
Financial Benefits Counselor
651-429-2304
ltcfinancial@msn.com

I have been meeting with a lot of members that have recently retired and the same question seems to come up. "In these unsettled times, how secure is my retirement income?" First of all you may have multiple sources of income: Social Security, Pensions, 401K's, & other Investments. Each one has to be looked at separately. Social Security and Pensions are out of your control and you can't depend (entirely) on them. 401K's and other investments like stocks, bonds and real estate, allow you more control. By taking some of this money and putting it in a Sons of Norway Immediate Annuity, you can create a guaranteed consistent income stream that you can depend on for regular expenses such as mortgages, groceries, utilities and car payments. As Social Security's stability becomes less certain and companies drop traditional defined-benefit pensions, my answer to the ques-

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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

does not appear this month. Surely someone in the lodge must read, see, or hear interesting things involving Nordic culture that they could submit!

APHORISM: A SHORT, POINTED SENTENCE EXPRESSING A WISE OR CLEVER OBSERVATION OR A GENERAL TRUTH. (Submitted by Sharon Amann)

1. The nicest thing about the future is that it always starts tomorrow.
 2. Money will buy a fine dog, but only kindness will make him wag his tail.
 3. If you don't have a sense of humor, you probably don't have any sense at all.
 4. Seat belts are not as confining as wheelchairs.
 5. A good time to keep your mouth shut is when you're in deep water.
 6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
 7. Business conventions are important because they demonstrate how many people a company can operate without.
 8. Why is it that at class reunions you feel younger than everyone else looks?
 9. Scratch a cat and you will have a permanent job.
 10. No one has more driving ambition than the boy who wants to buy a car.
 11. There are no new sins; the old ones just get more publicity.
 12. There are worse things than getting a call for a wrong number at 4 AM. - Like this: It could be a right number.
 13. No one ever says 'It's only a game.' when their team is winning.
 14. I've reached the age where the happy hour is a nap.
 15. Be careful reading the fine print. There's no way you're going to like it.
 16. The trouble with bucket seats is that not everybody has the same size bucket.
 17. Do you realize that in about 40 years, we'll have thousands of old ladies running around with tattoos?(And rap music will be the Golden Oldies !
 18. Money can't buy happiness -- but somehow it's more comfortable to cry in a Corvette than in a Yugo.
 19. After 60, if you don't wake up aching in every joint, you are probably dead!
 20. Always be yourself. Because the people that matter, don't mind. And the one's that mind, don't matter.
- Life isn't tied with a bow, but it's still a gift.**

And from Karen Vinnes:

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1 bananosecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
7. 16.5 feet in the Twilight Zone = 1 Rod Sterling
8. Half of a large intestine = 1 semicolon
9. 1,000,000 aches = 1 megahertz
10. Basic unit of laryngitis = 1 hoarsepower
11. Shortest distance between two jokes = A straight line
12. 453.6 graham crackers = 1 pound cake
13. 1 million-million microphones = 1 megaphone
14. 2 million bicycles = 2 megacycles
15. 365.25 days = 1 unicycle
16. 2000 mockingbirds = 2 kilomockingbirds
17. 52 cards = 1 decacards
18. 1 kilogram of falling figs = 1 FigNewton
19. 1000 milliliters of wet socks = 1 literhosen
20. 1 millionth of a fish = 1 microfiche
21. 1 trillion pins = 1 terrapin
22. 10 rations = 1 decoration
23. 100 rations = 1 C-ration
24. 2 monograms = 1 diagram
25. 4 nickels = 2 paradigms
26. 2.4 statute miles of intravenous surgical tubing at Yale University Hospital = 1 IV League
27. 100 Senators = Not 1 decision

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Contact synnove1@q.com .



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Overwhelmed by "stuff"?

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Call Lorene Roste at 651-646-5785
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(* 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

**Marv Lang talk - Sept. 8
Lodge Orienteering - Sept. 12
Lodge Biographies - Oct. 15
T&M Dinner + Silent Auction - Oct. 24**

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.