

SynNor Brevet

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**Synnøve-Nordkap
Lodge #1-008**



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

Voice Messages: 651-762-7872



Join us Tuesday April 13 at 6:30 PM, for our annual Membership Dinner, catered by Magnolia's Restaurant. Bring a prospective member and you both eat free! Feature attraction: Janet Letnes Martin's program, "A Humorous Look at Hotdishes, Hotpads and Hotflashes! by a Norwegian/Lutheran Farm Girl from North Dakota". Reservations are a must by Friday, April 9. See page 6 inside for more information.

Scandinavian Culture and News

Arctic Seed Vault Largest in the World

Just days after celebrating its second anniversary, the Svalbard “Doomsday” Global Seed Vault has received thousands of new seeds that will push its collection to more than half a million unique samples. This makes the Svalbard Seed Vault the most diverse assemblage of crop diversity ever amassed anywhere in the world, according to the Global Crop Diversity Trust.

A wild bean from South America that could be critical for avoiding a crippling crop disease, a highly valuable strawberry species plucked by a collection team from the flanks of a volcano in Russia’s remote Kuril Islands, and a treasure trove of soybeans from the United States, some of which have been cultivated domestically for over a century, were among the crops that arrived from Columbia, Peru, Mexico and the US for storage deep in an Arctic mountain on a remote island in the Norway’s Svalbard Archipelago. With these new deposits, the seed vault, built as a bulwark against any natural or manmade disaster that threatens global food production, now contains seeds of more than 500,000 varieties of the world’s food crops.

“Reaching the half million mark brings mixed emotions, because while it shows that the vault at Svalbard is now the gold standard for diversity, it comes at a time when our agriculture systems are really sitting on a knife’s edge,” said Cary Fowler, Executive Director of the Global Crop Diversity Trust, which partners with the Norwegian government and the Nordic Genetic Resource Center in Sweden in operating the vault.

The array of crops protected in Svalbard and other seed banks around the world supported by the Global Crop Diversity Trust are “the keys to climate change adaptation for the world’s farmers,” Fowler stated. For example, he pointed to recent studies that predict maize production in Africa could drop by a quarter or more in a mere 20 years, which would destabilize much of the continent and spark a global food crisis, unless breeders quickly develop new heat and drought resistant varieties. And with recent climate talks in Copenhagen ending in stalemate over measures to slow climate change, Fowler said that we must now mobilize efforts to adapt crops to higher temperatures.

"If crops and agriculture don't adapt to climate change, neither will humanity," Fowler said. "But to help farmers adapt, plant breeders need access to as much genetic diversity as possible to keep crops vigorous and productive in shifting climates."

Like all seeds coming to the vault, the samples are duplicates of seeds from other collections and are being sent to Svalbard for safekeeping, not for everyday use. Fowler noted that it is important to understand that the material directly acquired by plant breeders to develop disease-resistant and “climate-ready” crops, and to meet the challenge of rapidly growing populations, is maintained by national and regional crop genebanks. Many of these genebanks are threatened by neglect and lack of funds.

“Svalbard is a fail-safe backup to be used whenever a depositing seed bank loses part or all of its collection, but we should focus equally on averting the disasters in the first place,” Fowler said. “Crop genebanks are our first and best line of defense, yet something as mundane as a poorly functioning freezer could ruin a collection that 10 years from now could be critical to averting a food crisis.”

(A NRK/Press release, March 2010)

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 hope to see your smiling faces for the Membership dinner on April 13th. It will be great to meet the potential new members who you will bring as your guests. As a Lodge we have much to offer: Cultural activities and events, community participation, intergenerational participation, summer day trips, language skills, genealogical study, not to mention FUN AND FELLOWSHIP.

This can be a really special time to promote our Lodge. Try to remember when you were first introduced to Sons of Norway, and how you felt entering into a new situation. I encourage each and every one of us to be ambassadors of our Lodge and welcome potential, new, and established members of Synnove-Nordkap to this special dinner.

An added bonus to our membership dinner is having Janet Martin provide our program. Humor is such a wonderful ingredient to any occasion, and this particular kind of humor affords us the opportunity to laugh at ourselves. I can hardly wait for her presentation!

Now for a gentle reminder—please check your calendars and schedule your shifts to work at Festival of Nations. The Sign-Up Sheets will be available for Cooking Day on April 26th, Set-Up Day on April 28th, and the actual four days of Festival of Nations from April 29th to May 2nd.

Blessings,
Sharon



March Anniversaries: Bev and Jack Dougherty
and Susan and Ron Stow



Our March meeting featured an excellent presentation on Viking culture and customs by Zone 2 Director and Viking Age Club leader Dennis Rusinko, assisted by lodge member Taffy Storck, also a member of Viking Age Club.



Lodge News

Board Meeting Minutes, March 2, 2010

Attendees: Sharon Amann, Rod Hale, Sue Halvorson, Sharon Kalmes, Mary Beth and David Mutchler, Kathy Stevens, and Ron and Susan Stow.

Old Business:

Plans for the April Membership Dinner were discussed including table set-up, display tables, centerpieces, the program and desserts.

For the District I Conference in Rochester, the lodge will have an ad in the program booklet. The lodge will also purchase an anniversary booklet.

Possibilities for summer activities and a program for the November meeting were reviewed.

New Business:

Susan Stow led a discussion about ways to encourage current members who are not attending meetings to come to our lodge meetings. The closet at the church needs to be cleaned out by the board using the retention guidelines of the Sons of Norway. The possibility of doing a photo directory for the lodge was explored. A conversation was begun regarding the creation of a lodge shirt or patch.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, April 6 at the Maplewood Library, 3025 Southlawn Dr. (W. side of Maplewood Mall) in the community program room.

Lodge Meeting Minutes, March 9, 2010

58 lodge members and two guests, Betty Ferguson and Jack Salmala, were in attendance at the meeting.

The minutes were approved as printed in the Brevet. Mary Beth Mutchler gave the treasurer's report. Among the expenditures for the past month were a \$50 donation to the Friends of Swede Hollow and \$75 to sponsor Erik Kalmes in the Birkebeiner Ski Race.

Old Business:

The April 13th meeting is our annual Membership Dinner. Mary Beth will be taking reservations and Janet Letnes Martin author of Church Basement Ladies will be the speaker.

Sign-up sheets for the Festival of Nations and for the cooking day were available.

New Business:

Clay Keller announced that college scholarship information would be available in April both in the Brevet and on our website, <http://synnove1.com>.

New lodge directories were distributed to members present at the meeting. The directory is also available on our website. A big thank you to Dave Mutchler for producing the directory as well as the website.

Lodge members celebrating March birthdays are Curt Hogenson, Frank Sherman, Ron Stow and Bev Dougherty. Bev & Jack Dougherty, and Susan & Ron Stow celebrated March anniversaries. The door prize was won by Maf Berg.

An extremely interesting talk and display of Viking costumes and weaponry was presented by Denny Rusinko. Denny is our Zone 2 director and a founder of the Viking Age Club.

Thank you to Lenore Jesness, Jeane Pearson and Rod Hale for the delicious treats.

Submitted by Sue Halvorson, Secretary

Genealogy Group Meeting Minutes, February 27, 2010 at Stillwater Public Library

Attendees: Barb Dahler, Sue & Don Halvorson, Lenore Jesness, John & Joanne Nordale, Fred Matson, Dave & Mary Beth Mutchler, Susan Stow.

Mainly, John and Joanne and Fred helped the rest of us with questions and Internet searches. We followed the meeting with lunch at the Lowell Inn.

Calendar of Coming Events

Friday March 26	Genealogy Group Meeting Wilson Library, U of M West Bank, 309 - 19th Ave. So., Minneapolis, MN Bygdebok and Norse genealogy expert Gordon Anderson will help us. Call Susan Stow at 651- 439-7255 for more information.	10:00 AM
Thursday April 6	Synnøve-Nordkap Board Meeting Maplewood Library conference room; 3025 South- lawn Dr. (W side Maplewood Mall)	7:00 PM To 9:00 PM
Tuesday April 13	Synnøve-Nordkap Lodge & Social Event Lodge Membership Dinner with Janet Martin, award-winning author & humorist. <u>See cover and next page for more information.</u> NOTE: Reservations are a <u>must</u> for the dinner!	6:30 PM
Tuesday May 4	Synnøve-Nordkap Board Meeting Maplewood Library conference room; 3025 South- lawn Dr. (W side Maplewood Mall)	7:00 PM To 9:00 PM
Tuesday May 11	Synnøve-Nordkap Lodge & Social Event Odell Bjerkness, "Nanny to the King" (Harald)	7:00 PM
Tuesday May 18	Syttende Mai Celebration , sponsored by the Joint Committee of the Metropolitan Lodges American Swedish Institute; 2600 Park Ave. S. Open-faced sandwiches, followed by "Skeets" Langley, playing the accordion. \$6. donation RSVP to Louise Bakken, 763-545-4827 by 5/11/10	6:30 PM
Thurs-Sat June 17-19	District 1 SON Convention Rochester, MN	

American Swedish Institute

"Where is Home?" Exhibit Opening Friday, May 7 Info: 612-871-4907
6 PM: Reception
7 PM: Talk by the exhibit's artist, Tone Stockenström The exhibit is a visual exploration of what "home" means to Stockenström, a Swedish immigrant at age 6, and will be on display from May 7 – Aug. 29.
 Admission to the reception and presentation is free; reservations advised.

Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meetings. Future date: May 20: Lessons 9 & 10.
- (2) "Norsk Nordmenn og Norge" Class 6:30-8:00 PM Thursdays, 1/month. Sun Ray Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St. Future dates: April 22, May 20.

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.

Mindekirken

The Norwegian American Church
924 E. 21st St., Mpls

Saturday, April 10 - 12:00 noon
Spring Luncheon
with a Scandinavian Flair

Saturday, April 24 - 12:00 noon
Annual Spring Rømmegrøt Luncheon

For information call: 612-874-0716

Sunday, May 16 3:00 PM
Edvard Grieg Society
Sytennde Mai Concert
At Wayzata Community Church
125 Wayzata Blvd.
Info: [www.norwayhouse.org/
edvardgriegsociety.html](http://www.norwayhouse.org/edvardgriegsociety.html)

Minnesota Orchestra and St. Olaf Choir

Thurs. April 22, 7:30 PM
Fri - Sat. April 23-24, 8 PM

Minnesota Orienteering Club
Info: www.mnoc.org

"Introduction to Orienteering"
Mar. 15, 7:00 PM, Roseville REI

Orienteering Meet, Terrace Oaks
Park, Burnsville, April 3, noon-1:30
start times

The Commonwealth Theater

Lanesboro, MN
April 16-18
Ibsen Festival

For information, go to
www.commonwealththeatre.org

SAVE USED POSTAGE
STAMPS FOR TUBFRIM

**DO NOT LEAVE VALUABLES OUT IN THE HALL AT FIRST LUTHERAN DURING
OUR LODGE MEETINGS!**

A new LL Bean jacket was taken from a hook in the hall at our March meeting.

Don't Miss Janet Martin at our April Membership Dinner

What does Sons of Norway and Synnove-Nordkap lodge in particular have to offer you or a prospective member? Our Membership Dinner on Tuesday, April 13 at 6:30 PM will answer that question.

Magnolia's Restaurant will again cater this event. The menu will feature chicken Kiev with wild rice, tossed salad, green beans, dessert and beverage, all for only \$8.50. And, as in past years, if you bring a prospective member, both of your dinners will be free. Reservations are a must, and should be made by calling the lodge phone number at 651-762-7872 by Friday, April 9. Checks should be mailed to

Mary Beth Mutchler
3496 Nancy Place
Shoreview, MN 55126-8005.

Our program will be "A Humorous Look at Hotdishes, Hotpads and Hotflashes!" by Janet Letnes Martin. A native of Hillsboro, ND, Janet lives in Hastings, MN. A graduate of Augsburg College, she began writing books in 1983. She has authored/co-authored and created 14 books, two audio tapes and various novelty products and calls herself a "Norwegian-Lutheran Farm Girl Humorist". Some of her books are pictured on the cover, and will be on sale after her talk. An extremely funny and entertaining speaker, Janet presently does about 50+ speaking engagements each year and often teams up with her co-author Suzann Nelson to perform a comedy routine billed as Those Lutheran Ladies. In 1998, Suzann and Janet received the Minnesota Book Award for Humor for Growing Up Lutheran and in 2006, they were awarded Metro Lutheran's Gold Pen Award by Augsburg College in Minneapolis, Minnesota.



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

Lodge News

March Junior Lodge Update

By Susan Stow

Our March meeting was rescheduled to occur before the audition for Festival of Nations so that we could rehearse the more complicated weaving dance “Gilleraesen”. Also, the regularly scheduled March meeting was the first day of Spring break for most of the members. Thanks to Sydney Spreck for the delicious treats!

On Saturday, March 6th we convened in the International Institute parking lot to rehearse again before the audition. It was a bit nippy outdoors, but once we started dancing, it was OK. We performed our two dances, submitted our list of performers, and were on our way.

Saturday, April 10 from 1-2:30 PM will be our next meeting at Our Savior’s in Stillwater.

Meet our Members - Sharon Kalmes

By Ron Stow



Seven years ago, Sharon Kalmes joined our lodge with the motivation to find a group with whom she could learn to speak Norwegian. Since then, she has done that, and much more.

Sharon feels that she learned enough Norwegian to understand a few spoken words on her recent trip to Norway and to even use a few words now and then. Her Norwegian relatives liked that she could use her limited knowledge of the language, so she feels that her time taking the lessons were well spent.

Being of pure Norwegian heritage, Sharon’s family came from Ballstrand and Fjaerland in the Sogenefjord area, as well as from Stordahl, Minnesund, Eidsvold and Laerdahl, Norway. With their ancestors coming from opposite sides of the country, her parents spoke different dialects. Theirs was therefore referred to as a “mixed” marriage.

Sharon has enjoyed meeting the members of our lodge. She feels that the best way to meet them is to become involved in lodge activities.

Sharon has been our lodge Social Director for the last year, has enjoyed working at the Festival of Nations, and has done an excellent job heading up the Julebord, our feast prior to Christmas.

These activities also spread out into her family life. Sharon has talked to her grandson’s third grade class about Norway and about the Norwegian Birkebeiner Ski Race. At Christmas time, Sharon’s family carries on the lefse-making tradition of her mother, watching a video of her using her many tricks for making the perfect lefse. Then, the whole family goes into the kitchen and tries to match it.

We would be amiss, if we didn’t mention Sharon’s ancestor biography, done as part of a very popular lodge activity. She presented the very interesting story of her great grandfather, Hans Nielsen Langseth, who is in the Guinness Book of Records for having the longest beard in the world, measuring over 18 feet.

Sharon and Ron Kalmes have been married for 40 years, and have two sons, who each have two sons. After retiring from work in the Cardiac area of the U of M/Fairview Hospital, Sharon has been enjoying travel, time at their Wisconsin cabin, x-country skiing, knitting and quilting. She even finds time to volunteer at the Guthrie Theater.

We are very glad that Sharon Kalmes joined our lodge, and has become one of our most active members. Mange tusen takk, Sharon!

The Local Scene

Editors Note: Our lodge supported Eric Kalmes, son of lodge member Susan Kalmes, with a \$75 sponsorship in the recent Birkebeiner race in Wisconsin. A first tier racer, Eric finished #295 out of 3643 participants. He writes:

The night before the big cross country ski race, at the packet pickup, I enjoyed a few delicious cookies provided by The Sons of Norway Lodge #5. The Lodge was well-represented by several members at a booth in Telemark's main lounge. My friends and I proceeded to my parent's cabin for a great dinner and rest. For dinner, my mother prepared the traditional runner's feast of Italian spaghetti. I wondered why my Norsk heritage mother didn't cook up a carbo-load meal from Norway, but none the less, it was fantastic. All I had to worry about now was that the right wax was on my skies for the 50 kilometer race.



Temperatures hovered just above zero degrees at the start, but as more than 10,000 anxious and excited skiers left the starting gate in twenty-one waves, it began to warm up. I started just behind the Elite Wave in Wave One. The Elite group, lead by the Italians, went on to break the course record with a time of 1:56:58. I managed to successfully navigate several falls and broken ski poles as skiers sprinted out of the Telemark resort area. It may have been a bit like the battle that the original Birkebeiner warriors experienced.

The American Birkebeiner is modeled after the Norwegian Birkebeiner Rennet, which was inspired by the historic rescue of the infant who would become a celebrated King; Haakon Haakonsson IV. The race symbolically re-creates the flight of the Prince, carried on skis by warriors called Birkebeiners named for their protective birch leggings. A real baby and warriors lead the Birkie race in a re-enactment of this historic event.

As the gun went off for my wave, I finally was able to find out if my skies were waxed correctly. They were, but the conditions were fast, so everybody seemed to be fast! However, after reaching a "high point" at 1,730 ft (530 m) 13 k in, racers began to thin out and I could start passing people. I then reached highway "OO" at the 22.8 K mark with a time of 1:09:02.3. With the hardest portion of the course completed, I was able to pick up the pace and turn my sights to the downtown Hayward finish. The temperatures in Hayward were well into the 20's and it was beautiful. Some say if there was ever a perfect Birkie, this year may have been it. I was able to finish strong, pushing across Lake Hayward to the warm welcome of thousands of spectators. My finishing time of 2:28:35.7 was a personal best by more than 15 minutes!

Thanks again to the Synnove-Nordkap Lodge for their generous support.

Eric Kalmes



Benefit News The Taxman Cometh

Now is the time of year that you are very aware of your tax situation, this is also a great time to consider future options.

Did you suffer losses on stock market accounts last year? Sons of Norway can give you peace of mind with the guaranteed returns of our Nordic Annuity.

Have you changed jobs or retired this past year? When you leave an employer, don't leave your retirement funds there, take them with you. Sons of Norway can make rolling these funds over an easy task.

Don't like taking the required minimum distribution from your IRA after age 70½? Take advantage of Uncle Sam's allowance to change to a Roth IRA this year and take two years to spread out the taxes.

Sounds like too much work?

Leave the work to Sons of Norway. We are here to help you make the most of what you have.

Greg Hovland
Financial Benefits Counselor
651-429-2304

ltcfinancial@msn.com
www.LtcFinancialServices.com

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

Norway's darkest day was April 9, 1940, when Hitler, in a massive surprise, occupied all of Norway in a single day. **The Klipfish Code** by Mary Casanova is for young adults who want to learn about the Holocaust, the story of the Nazi invasion of Norway and expand their perspective on history.

Set in 1942, twelve year old Marit has decided to take action, despite her grandfather's warnings. When World War II breaks out in Europe, Marit thinks her life in Norway will stay the same. But, one terrible night, German bombs destroy everything she loves. Marit and her younger brother, Lars, have to leave home and family to stay with her strangely aloof grandfather on a remote island while their parents work for the Resistance. Marit clashes with her cautious and pacifistic grandfather, who warns her against taking part in the Resistance. Marit soon learns that morality is not as clear-cut as she thought, especially in wartime.

Along the way, Marit finds a wounded Norwegian Resistance soldier with a secret message that may drive the Nazis out forever. Marit must choose between saving him and putting herself and her family in danger, or turning him over to the Germans. The author, Mary Casanova, spins an adventure-filled and harrowing story of dangerous boat rides, secret missions, encounters with Nazi soldiers and a riveting escape on the "Shetland bus." Norwegian vocabulary embedded in the text and defined in a glossary adds authenticity to the narrative.

Mary Casanova, is the author of nine novels and three picture books. To research this novel, she visited Resistance museums in Norway, the island and cities where **The Klipfish Code** takes place and corresponded with and interviewed Norwegians. Mary Casanova lives in Ranier, Minnesota.

Timeline of the Nazi Invasions

March 15-16, 1939 – Nazis take Czechoslovakia.

September 1, 1939 – Nazis invade Poland.

September 3, 1939 – Britain, France, Australia and New Zealand declare war on Germany.

September 10, 1939 – Canada declares war on Germany; Battle of the Atlantic begins.

April 9, 1940 - Nazis occupy Denmark.

April 9, 1940 – Nazis occupy Norway.

May 10, 1940 – Nazis invade France, Belgium, Luxembourg and the Netherlands. Winston Churchill becomes British Prime Minister.

June 10, 1940 – Norway surrenders to the Nazis; Italy declares war on Britain and France.

June 14, 1940 - Nazis enter Paris.

October 7, 1940 – Nazis enter Romania.

October 6, 1940 – Norway surrenders.

April 6, 1941 – Nazis invade Greece and Yugoslavia.

September 19, 1941 – Nazis take Kiev.

December 11, 1941 – Germany declares war on the United States.

May 2, 1945 – German troops in Italy surrender.

May 7, 1945 – Germany's unconditional surrender at Rheims, France..

We had several requests for the snack mix at the last meeting. Here it is, courtesy of Lenore Jesness:

Gold'n Nut Crunch

1 can (about 12 oz) mixed nuts or 1 jar dry roasted peanuts

1/4 cup butter or margarine, melted

1/4 cup grated Parmesan cheese

1/4 teaspoon garlic powder

1/4 teaspoon ground oregano

1/4 teaspoon celery salt

4 cups Golden Grahams cereal

Heat oven to 300°. Mix nuts and margarine in medium bowl until well coated. Add cheese, garlic powder, oregano and celery salt; toss until well coated. Spread in ungreased jelly roll pan, 15½X10½X1 inch. Bake, stirring occasionally, 15 minutes. Stir in cereal; cool. Store in airtight container. About 6½ cups snack.

The Ten Commandments (Minnesota Style)

1. Der's only one God, ya know.
2. Don't make that fish on your mantle an idol.
3. Cussin ain't Minnesota nice.
4. Go to church even when you're up nort.
5. Honor your folks.
6. Don't kill. Catch and release.
7. There's only one Lena for every Ole. No cheatin.
8. If it ain't your lutefisk, don't take it.
9. Don't be braggin bout how much snow ya shoveled.
10. Keep your mind off your neighbor's hotdish.



- Courtesy of LaRee Opdahl

Synnøve-Nordkap Lodge #1-008
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SONS OF NORWAY
LODGE #1-008
First Lutheran Church
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St. Paul, MN

Upcoming Activities

Genealogy Group Meeting - Fri. March 26
Janet Martin at Membership Dinner - April 13
"Nanny to the King" - Tues. May 11

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.