

# SynNor Brevet

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**Synnøve-Nordkap  
Lodge #1-008**



**February 2010  
Number 10:2**

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

**Voice Messages: 651-762-7872**

## **A Brief History of Swede Hollow**

Swede Hollow is nestled between the Dayton's Bluff and Railroad Island communities in the ravine that once carried Phalen Creek to the Mississippi River. The first settler to the picturesque valley was Edward Phalen in 1841. He sold his claim in 1844 to William Dugus who built Saint Paul's first sawmill on the creek. Other businesses followed and in 1865 the first train rolled through the valley heading to Duluth.

The early industry attracted Swedish immigrants who settled just south of the industrial area and named the valley Svenska Dalen or Swede Hollow. As the Swedish moved "up onto the street", other immigrant people moved into the homes: the Polish, Italian and then the Spanish Americans.



Photo Courtesy Minnesota Historical Society

Gentile Yarusso lived in the Hollow in the 1920's and wrote "We children often wondered why our people chose this enchanted place to settle in. Why not somewhere else? As we got older we knew; they chose this place because they were with their own countrymen, with familiar faces, family noises, gestures, facial expressions. They selected this enchanted landscape because it resembled the place they had left behind. They loved the hills, the trees, the stream, the security of friends and relatives."

In December 1956, the city Health Department discovered that Swede Hollow had no sewer or city water service and declared the Hollow a health hazard. The last 14 families were moved out and the remaining homes destroyed. Ideas for the property at that time included filling it in for industrial use, bridging it for use as part of the highway 212 project, or making it a city park.

**Join us on Tuesday February 9 at 7:00 PM, when Karin DuPaul, prominent in the Friends of Swede Hollow organization, speaks on the history of Swede Hollow. She will bring along two ladies who lived in Swede Hollow and have their own stories. This will be a unique opportunity to learn more about the cultural history of the area right in First Lutheran's back yard.**

# Scandinavian Culture and News

Editor's note: Susan Stow prepared this Winter Olympics activity for the Junior Lodge, but we think that it might be of interest to the Senior lodge members too.

## 2010 Norwegian Olympians & Events

**Did you know...?** In the all-time standings for Winter Olympics, Norway has won a total of 280 medals, more than any other country.

**Did you know...?** The opening ceremony for the 2010 Olympics is Feb. 12<sup>th</sup>.

Follow Norwegian athletes through the inspiring sport events. You might find information in the newspaper, on television or on-line. See how many Norwegians you can match with their events. Add their results when you can. Maybe you will find more names than listed here.

**Sports events:** Cross-country skiing( individual, sprint, relay), Nordic combined, Alpine skiing, speed skating, curling, half-pipe, ski jumping, Biathlon, snowboard cross.

### **Athletes:**

Helene Olafsen  
Aksel Lund Svindal  
Kjersti Buaas  
Harvard Bokko  
Thomas Ulrud  
Kristin Stoermer Steira  
Emil Hegle Svendsen

Alexander Os  
Roar Ljoekelseoy  
Oystein Grodum  
Lars Berger  
Magnus Moan  
Petter Northug, Jr.  
Marit Bjorgen

Anders Jacobsen  
Christoffer Svae  
Torger Nergaard  
Ola Vigen Hattestad  
Halvard Hanevold  
Ole Einar Bjorendalen

## Norwegian Magnus Carlsen: Youngest Number 1 Rated Player in the World

There was an interesting article in the January 11 issue of Time Magazine on Magnus Carlsen, the young Norwegian chess prodigy. Last November, Carlsen, then 18, became the youngest world number one player in history. Born November 30, 1990 in Tonsberg, Norway near Oslo, Carlsen is the son of a soft-spoken engineer who insisted that he remain in school through age 18, and does not want chess to become his son's whole life. Magnus learned chess on the computer, and to this day is not sure if he has a real chess board at home.

A grand master at 13 (the third youngest in history) and a conqueror of top players at 15, Carlsen is often referred to as the Mozart of chess for the seeming ease of his mastery. In September, he announced a coaching contract with Garry Kasparov, arguably the greatest chess player of all time, who quit chess in 2005 to pursue a political career in his native Russia. According to Kasparov, "Before he is done, Carlsen will have changed our ancient game considerably."

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,

Happy Winter—even though it has been very cold and now not quite so cold! We have to remember the old adage, “If you don't like the weather, just wait 24 hours and it will change.

Our year 2010 got off to a super start with Howard Amundson detailing home remedies many of us have experienced. Some were very familiar, and others made several of us wince at the very thought—might I mention a certain “lamb tea.” It was fun to hear fellow lodge members share their own remedies and memories of same. That was a program with appeal to everyone, no matter what age.

I am looking forward to learning about Swede Hollow's history since I am not a native Twin Citian. The history of various areas in the Metro is so fascinating—I suspect much like starting one's own genealogical adventure.

As members of Sons of Norway, we have access to such variety in the way of experiencing and learning so much of the history and culture of Norway. Our cultural skills opportunities, language classes and camps, Junior Lodge, genealogy group, the “Viking” magazine, travel opportunities, lodge programs, not to mention person-to-person involvements and encouragement that all work toward getting and keeping us absorbed in Norway. AND as we move along, we get to know and fellowship with others who share these same interests. What a Win/Win combination!

Blessings,

Sharon



President Sharon Amann, escorted by Ron Kvaas and Chuck Draheim



Susan Stow installs officers Sue Halvorson (Secretary), Mary Beth Mutchler (Treasurer), and Ron Stow (Vice President)



Howard Amundson presents “An Apple a Day” program at January meeting

# Lodge News

## Board Meeting Minutes, January 5, 2010

**Attendees:** Sharon Amann, Patty Carlson, Ruth Gibson, Rod Hale, Sue Halvorson, Trudi Johnson-Richards, Sharon Kalmes, Clayton Lance, Mary Beth and David Mutchler, Kathy Stevens, and Ron and Susan Stow.

### Old Business:

Plans for the January meeting were finalized.

### New Business:

Programs for the 2010 lodge meetings were reviewed. Clay Keller is accepting applications for language camp scholarships. Susan Stow will notify the Junior Lodge members about this opportunity. Jana Stow has created lodge pages on Facebook and Twitter to attract younger members to our lodge.

Susan and Ron Stow proposed that our lodge sponsor a skier in the Birkebeiner Ski Race. Kathy Stevens made a motion and Dave Mutchler seconded it that we pay the entrance fee to the race for Sharon Kalmes' son Erik. Mary Beth acknowledged a gift of stamps for Tubrim. Mary Beth outlined several proposed resolutions to the Sons of Norway Bylaws that will be presented by Vennekretsen Lodge at the District I Conference this summer.

There will be a workshop for lodge officers on February 6 at the Sons of Norway Headquarters.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, February 2 at the Maplewood Library, 3025 Southlawn Dr. (W. side of Maplewood Mall) in the large conference room.

## Lodge Meeting Minutes, January 12, 2010

64 lodge members and guests enjoyed a soup and salad supper before the lodge meeting.

The 2010 lodge officers were installed by Susan Stow. Clayton Lance and Curt Hogensen were recognized for their service to the lodge. The minutes were approved as printed in the Brevet.

Clay Keller announced that he is accepting applications for language camp scholarships. The materials are available on our lodge website. Contact Clay if you need further information.

Sharon displayed shirts and pins that will be available for purchase for the District I Convention. Dave Mutchler showed the new brochures that he had printed. They are available for members to distribute and post in public locations to help advertise our lodge.

Lodge members celebrating January birthdays are Ron Kvass, Greg Hovland, Harry Thomsen, Linda Holmstrom and Crystal Bloecher. The door prize was won by Patty Carlson.

Thank you to Patty Carlson and Sharon Kalmes for the delicious treats.

Submitted by Sue Halvorson, Secretary

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

# Calendar of Coming Events

<b>Monday</b> February 1	<b>Language Camp Scholarship Forms Due!</b> See next page for details.	
<b>Tuesday</b> February 2	<b>Synnøve-Nordkap Board Meeting</b> Maplewood Library conference room, 3025 Southlawn Dr. (W. Side Maplewood Mall)	7:00 PM To 9:00 PM
<b>Friday</b> February 5	<b>A Czech City Band at the CSPA Sokol Hall</b> Sponsored by Czech and Slovak Sokol Minn. See page 8 for more information..	7:00 PM
<b>Tuesday</b> February 9	<b>Synnøve-Nordkap Lodge &amp; Social Event</b> "Swede Hollow" by Karin DuPaul & guests	7:00 PM
<b>Saturday</b> February 27	<b>Genealogy Group Meeting</b> Stillwater Public Library, 224 3rd St. N. <a href="http://www.stillwaterlibrary.org/">http://www.stillwaterlibrary.org/</a> (followed by lunch if you want)	10:00 AM To Noon
<b>Tuesday</b> March 2	<b>Synnøve-Nordkap Board Meeting</b> (*NOTE*) Shoreview Library conference room, 4570 N. Victoria Street; Shoreview MN 55126	7:00 PM To 9:00 PM
<b>Tuesday</b> March 9	<b>Synnøve-Nordkap Lodge &amp; Social Event</b> "Heirloom Seeds" by Rich Williams	7:00 PM
<b>Tuesday</b> April 13	<b>Synnøve-Nordkap Lodge &amp; Social Event</b> Lodge Membership Dinner with Janet Martin, author (Growing Up Lutheran) & humorist	7:00 PM

## Ingebretsen's Events:

1601 E. Lake St., Minneapolis  
612-279-9333

Norse Horse: Feb. 3 10 AM-noon

Spooncarving weekend: Feb. 5 & 6  
Fred Livesay teaches you how to carve a spoon and explains the history and lore that surrounds it. \$85

More on website: [ingebretsens.com](http://ingebretsens.com)

## Mindekirken

The Norwegian American Church

924 E. 21st St., Mpls

February Open Houses:

Feb. 2 Dead Sea Scrolls

Feb. 9 Norwegian Glee Club

Feb. 16 Arna rennan, folk singer

Feb. 23 Jim Klobuchar

"Are We Still Immigrants All?"

For information call: 612-874-0716

## **LETT OG ELEGANT, TRYGT SKI ADVENTURE**

(Easy & Elegant, Safe Ski Adventure)  
Presented by Norsota Lodge, Jan 30,  
Hyland Hills, Bloomington.

Info: Roger Wangen, 952-898-3905

## City of Lakes Loppet

Feb. 6 & 7, 2010, including a  
"Luminary Loppet" Feb. 6, 6:00.

Thousands of ice luminaries, an ice pyramid and the Ice-Cropolis! Bon fires, coffee, hot cocoa and cookie stations. Post-Luminary Loppet Party for paid registrants. Non-competitive - registration is open to snowshoers, walkers\* and skiers alike.

Info: [cityoflakesloppet.com](http://cityoflakesloppet.com)

### Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meetings. February 9: Lessons 7 & 8. Future dates: March 9 and May 20.
- (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. February 18: Chapter 18. Future dates: March 18, 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.

**REMINDER: Volunteer Hours Signup Sheets for 2009 were due at the January Meeting!**

**PLEASE get yours in ASAP!**

They were included in the December Brevet, and are available on our website at <http://synnove1.com> .

## **2010 Synnøve-Nordkap Language Camp Scholarship**

The Synnøve-Nordkap Lodge, in conjunction with District 1 of the Sons of Norway, is offering scholarships to support the attendance of children and grandchildren of active Lodge members at Norwegian language camps this summer. The two camps are Concordia Language Villages' Skogfjorden, located in Bemidji, MN, and District 5's Masse Moro Norwegian Heritage Camp near Eau Claire, WI.

The application consists of three parts:

1. A COMPLETED APPLICATION TO THE CAMP OF YOUR CHOICE.

The District 1 application to Skogfjorden can be found at: [http://www.concordialanguagevillages.org/newsite/Registration/assets/scholarship\\_forms/1352\\_3\\_CLV09\\_SonsOfNorway\\_ScholarshipForm\\_Fillable\\_REVISED.pdf](http://www.concordialanguagevillages.org/newsite/Registration/assets/scholarship_forms/1352_3_CLV09_SonsOfNorway_ScholarshipForm_Fillable_REVISED.pdf) .

The application that our Lodge should use for Masse Moro is available at: [http://www.sonsofnorway5.com/content/index.php?option=com\\_docman&task=cat\\_view&gid=32&Itemid=31](http://www.sonsofnorway5.com/content/index.php?option=com_docman&task=cat_view&gid=32&Itemid=31) . BE SURE TO USE THE APPLICATION FOR DISTRICT 1.

2. THE LODGE SCHOLARSHIP APPLICATION FORM. This can be found on our lodge web site at <http://synnove1.com> .

3. A DEPOSIT CHECK FOR THE AMOUNT INDICATED ON THE CAMP APPLICATION. The camps require different deposits. If applying to Skogfjorden, take advantage of the Early Bird Discount. The Early Bird Discount code must be filled in on the registration form in order for the discount to be applied. It goes in the Promotional Code spot in the Payment Method square. The discount code is EB2010 and the link to it is: <http://www.concordialanguagevillages.org/newsite/schedule1.php> .

FOR THE SCHOLARSHIP APPLICATION TO RECEIVE FULL CONSIDERATION, ALL MATERIALS MUST BE RECEIVED BY LODGE SCHOLARSHIP CHAIR, CLAY KELLER, BY **FEBRUARY 1, 2010**. Mail the application to:

Clay Keller  
655 Goodrich Avenue  
St. Paul, MN 55105

For questions, contact Clay at [keller.clay@gmail.com](mailto:keller.clay@gmail.com) or 651 310 9667, preferably by January 20.

# Lodge News

## Junior Lodge Update

By Susan Stow



Plenty of sunshine, but 10 degree temperature didn't hold back the sledding fun on Saturday, January 9<sup>th</sup> for the hearty junior lodge crew. The hill was a bit icy with a small jump on one part. Kids were flying down the hill and trudging up. Mae Hovland brought hot cocoa and Olive and Xavier Weston treated us to chocolate banana bread. Mmh, delicious!

At 1:40 we drove over to Our Savior's church to rehearse two new dances. Our goal is to perform them for the Festival of Nations this May. The first dance is a twelve-step dance from Nordmor that has two different weaving patterns. It is a bit complicated, but I think we can do a great job once we have rehearsed a bit more. The second dance was one we started learning last September that was a clapping line dance. It is not as challenging, but lots of fun to perform.

In February, we host Fjell og Fjord dance groups from Minneapolis and start our 2010 Olympic Norwegian athlete event matching contest. We will guess how many medals will be won by Norwegians, then compete for our own bronze, silver and gold medals with the contest sheet to be turned in at the March meeting. Ha det!

# Our Lodge Activities

**A Czech City Band at the CSPS Sokol Hall**

**Friday, February 5, 7 PM**

Czech and Slovak Sokol Minnesota welcomes the Podkrkonošský Band from Jablonec nad Jižerou, Czech Republic, to the C.S.P.S. Sokol Hall for a performance on Friday, February 5, 7:00 pm. at 383 Michigan at West 7th Street, St. Paul.

This Czech city band, which hosted members of the Minnesota State Band during its tour of Eastern Europe in 1992, is now on a reciprocal musical tour. The band has been performing for over 21 years; it is proud to share its Czech heritage and traditional music.

Members of the Minnesota State Band will join Podkrkonošský Band for several numbers of the concert. The Minnesota State Band, the Official Band of the State of Minnesota, has been in existence since 1898. The band is the only remaining State Band in the United States. At one time the band received funding from the State of Minnesota, but it now operates as a non-profit organization with an all-volunteer membership. The Minnesota State Band is one of the few community bands anywhere that regularly travels internationally. The band has represented the State of Minnesota on six International Goodwill Tours since 1986. While international travel is important, the band sees its primary mission as providing high quality music to the residents of Minnesota.

Sokol Minnesota will offer an inexpensive limited-menu supper before the concert starting at 5:30 PM with traditional Czech sausage (jaternice) with sauerkraut and caraway rye bread, or a brat or hot dog with sides of traditional Czech potato salad or chips, complete with a cash bar. Members of the Minnesota State Band will serve a complimentary desert with coffee after the concert.

This concert is free and open to the public; donations are welcome to defray the cost of the event. Everyone is invited to come early, enjoy a light supper, and mingle with the Czech musicians, Minnesota State Band members, and friends and neighbors at C.S.P.S. Hall.

Information: [www.sokolmn.org](http://www.sokolmn.org) Contact: [events@sokolmn.org](mailto:events@sokolmn.org) Czech and Slovak Sokol Minnesota: 651-290-0542 Joe Landsberger, president: 651-297-9000 Marit Lee Kucera, publicity: 651-222-2483



## Benefit News

### **Navigate the Medicare Maze Before Age 65**

If you're celebrating your 65<sup>th</sup> birthday within the next year or so, get ready for a big gift from the government: Medicare coverage. But this present comes with strings attached in the form of complex enrollment rules that could cost you money if you're not careful.

Among other things, you'll have to figure out how Medicare dovetails with you're workplace or retiree coverage and understand its coverage gaps. You must also choose between managed-care benefits or fee-for-service coverage.

To reduce the chance of foul-ups, contact the Social Security Administration ( [www.ssa.gov](http://www.ssa.gov); 800-772-1213 ) three months before your 65<sup>th</sup> birthday. Medicare's initial enrollment period runs for seven months, starting three months before the month you turn 65 and running three months after your birth month. Everyone is eligible for Medicare at age 65, even when an individual's normal retirement age for Social Security benefits is later.

Reference: Kiplinger's Retirement Report November 2009

**Greg Hovland**  
**Financial Benefits Counselor**  
**651-429-2304**  
**[ltcfinancial@msn.com](mailto:ltcfinancial@msn.com)**  
**[www.LtcFinancialServices.com](http://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

**Nikolai's Fortune** is a heartbreaking multigenerational epic, chronicling family secrets and sufferings against the backdrop of Scandinavian history and culture. Blending memoir and historical fiction, grandmother, mother and daughter each share their own story. Kaisa, of her mother's love for Nikolai and her own 500 mile trek at the age of twelve from impoverished Finland across the snowy mountains of Lapland; Berit, an obsession seeking out her grandfather's fortune for her mother; and Hannah, the voice of Torik, of her childhood during the Nazi occupation of Norway and her family's emigration to Idaho.

As a child, Solveig Torvik heard stories of a lost, mysterious great grandfather who left Finland for America to make his fortune, leaving Torvik's great grandmother and his unborn daughter behind. As a reporter, Solveig Torvik determined to discover the fate of the man who followed his dreams to Oregon. She uncovered not only the story of one man, but also the saga of an entire family.

Through detailed historical research into census, church and weather records, as well as academic and museum sources, Torvik captures a dramatic story nearly lost to memory and inherits something worth more than a fortune—a sense of her family history, ethnic background and the generations of remarkable women who came before her. The major events in **Nikolai's Fortune** actually happened and, with minor exceptions, the characters and their fates are real.

This is an intriguing cross between a heartbreaking memoir and expertly researched historical fiction. **Nikolai's Fortune** immerses the reader in a beautifully drawn world of poverty and female struggle—from the farms of 19<sup>th</sup> century Finland, to Norway under the German occupation, to family revelations after immigration to Idaho. It is the most classic of American stories: the long winding journey from Old World to New, and then the rediscovery of tangled roots, of mothers and daughters, in homelands never entirely left behind.

Solveig Torvik is Norwegian born and was a reporter, editor and columnist at the *Seattle Post Intelligence* for thirty years. She was also a reporter for United Press International for the *San Francisco Chronical* and an editor at the *San Jose Mercury News*.

## **Good Housekeeping Tip:**

Always keep several get well cards on the mantle, so if unexpected guests arrive, they will think you've been sick and unable to clean.

(Courtesy of Sharon Amann)

## **Lutefisk Lovers Website:**

<http://lutefiskloverslifeline.com/>

## **Norwegian diet:**

Ole was turning 88 and was overweight, so his doctor put him on a diet.

Doc: "I want you to eat regularly for 2 days, then skip a day, and repeat this procedure for 2 weeks. The next time I see you, you should have lost at least 5 pounds."

When Ole returned, he shocked the doctor by having lost nearly 60 lbs!

"Why, that's amazing!" the doctor said, "Did you follow my instructions?"

Ole nodded, "I'll tell you though, by God, I thought I wuz gonna drop dead on dat 3rd day."

"From the hunger, you mean?" asked the doctor.

Ole: "Hell no, it wuz from all dat damn skippin!"

(Courtesy of Ron Kvaas)

## **Observations on Growing Older:**

- ~Your kids are becoming you...and you don't like them...but your grandchildren are perfect!
- ~Going out is good. Coming home is better!
- ~When people say you look "Great"... they add "for your age!"
- ~When you needed the discount you paid full price. Now you get discounts on everything, movies, hotels, flights, but you're too tired to use them.
- ~You forget names ... but it's OK because other people forgot they even knew you!!!
- ~The 5 pounds you wanted to lose is now 15 and you have a better chance of losing your keys than the 15 pounds.
- ~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- ~Your husband sleeps better on a lounge chair with the TV blaring than he does in bed. It's called his "pre-sleep".
- ~Everybody whispers.
- ~Now that your husband has retired, you'd give anything if he'd find a job!
- ~You have 3 sizes of clothes in your closet .... 2 of which you will never wear.

(Courtesy of Sharon Amann)

**Synnøve-Nordkap Lodge #1-008  
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St. Paul, MN 55106  
651-762-7872**



**Upcoming Activities**

**"Swede Hollow" - Tues. Feb. 9  
Genealogy Group Mtg. - Sat. Feb 27  
"Heirloom Seeds" - Tues. March 9**

**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.