

SynNor Brevet

Published monthly by

Synnøve - Nordkap

Lodge #1-008

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



District 1 Family Lodge
of the Year 2006, 2008

May 2011

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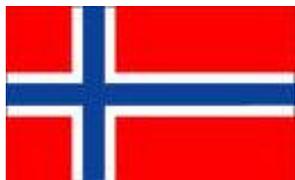
Voice Messages: 651-762-7872

Don't Miss Kari Tauring at our May Event

Minneapolis based Nordic Roots artist Kari Tauring will tell us about her experiences on Season One of "Alt for Norge," the Norwegian reality show. TvNorge invited ten Americans of Norwegian heritage who had never been to Norway to come and compete in "typical" Norwegian activities for a chance to meet their relatives. As a scholar and performer of ancient Scandinavian runes, myths, and music, Kari became an instant favorite among the 500,000 viewers in Norway. "You are more Norwegian than we are," emails exclaimed. She will show excerpts from the show and give behind the scene insights into her experiences. Kari received a grant from the Minnesota State Arts Board to create curriculum that integrates runes, myths, and Viking era dance with Immigrant Era Songdans for fall 2011. She has plans to return to Norway with her mother to finally meet her relatives this September.



Scandinavian Culture and News



May 17 - Syttende Mai - Norway's Constitution Day



Each year on May 17 Norwegians fill the streets with cheers and flags in celebration of Norway's constitution, adopted in 1814. The May 17 celebrations vary from place to place, but usually follow a traditional pattern that makes this the highlight of the year for most Norwegian children. A must in the celebrations are the children's parades, made up of school classes marching with the school band through the local community. Most of the children carry small Norwegian flags and the route is lined with enthusiastic onlookers. Dressed in their best, the children then engage in games and activities, and for many this is the one day of the year where the supply of ice cream and hot dogs is endless.

Dress

Most people dress in their best spring clothes, with a Norwegian flag or May 17 ribbon pinned to their lapel. It has become increasingly popular to wear the national dress, the bunad, on this occasion. The bunad varies in appearance from region to region and the magnificent sight of national costumes from all over the country is one of the reasons why this day truly represents a celebration of Norwegian tradition and history.

Food

May is the month when spring really blooms in Norway, and this influences the menu chosen for the day. While hot dogs and ice cream are popular with the children, the adult population often stick to cured meats, sausages, traditional sour cream porridge and many throw barbeques. Desserts and cakes are a must, and many schools and families give breakfast parties before the parade starts.

The "russ" celebration- ending 13 years of school

May 17 is also the day students in their last year of upper secondary school celebrate the end of 13 years of school, even though many still have to pass final exams. They call themselves "russ" and illustrate their standing through colorful overalls depending on their line of study. High spirits are the norm and the festivities usually last day and night. Many transport themselves around town in self-decorated buses and vans with slogans and booming music.

May 17 outside Norway

Many Norwegians and people with Norwegian roots living abroad also celebrate Norway's constitution day. Several Norwegian seamen's churches, embassies, student associations and other Norwegian institutions organize processions similar to those held in Norway.

History

Norway adopted its constitution in 1814, and it is this event that is celebrated May 17. The Norwegian Parliament, the Storting, held the first May 17 celebrations in 1836, and from then on the day was regarded as the national day. The first children's parade was held in 1870. Since 1906, the Royal Family have gathered on the balcony of the Royal Palace in Oslo to wave to the children marching by.

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

Fra presidenten

What a wonderful membership dinner we had in April! The meal, served by Magnolias, was, as we have become accustomed, as delicious as ever. The music, provided by Art and Char, created the right atmosphere for the evening. The displays and presentations added information about why we all enjoy being members of Synnøve-Nordkap. Tusen takk to all who helped prepare this important event.

Nearly 100 members attended with sixteen guests as prospective members, seven of whom have already registered with Sons of Norway. This is a great start towards meeting our goal of recruiting 20 new members this year. Let's keep spreading the word about Synnøve-Nordkap by contacting friends, relatives and co-workers, telling them about our celebration of heritage, culture and language, as well as the social benefits of Sons of Norway.

Our guests were made aware of the cultural skills activities available through Sons of Norway, as well as the many events put on by Synnøve-Nordkap, including representing Norwegian-Americans at the Festival of Nations in May. We look forward to another successful Norwegian café. Everyone needs to pitch in and do their part, either preparing food at the baking day, or buttering/serving lelse at the River Centre. One Viking-in-a-blanket, coming up!

Of course, the month of May also brings us Syttende Mai. This is a perfect time for us to reflect on our Norwegian heritage, perhaps to look through photos and letters of our ancestors, to send an email to relatives in Norway, or to attend local celebrations of Constitution Day, May 17. Check elsewhere in the Brevet for information about these nearby events. And don't forget your language lesson, in which you learned the phrase "Gratulerer med dagen!" Use it to greet everyone on Syttende Mai.

Ha det bra! Ron



Our sympathy to lodge member **Kathy Kaluza** on the death of her mother, **Jean Kaluza**, on April 10. Jean was a long-time member of our lodge and often helped at Festival of Nations and other fund raisers.

Dear Sons of Norway friends.

Thank you, dear fellow members. Even though I have not been able to be out and about, even let alone to drive to our monthly lodge meetings for almost a year now, you have been with me through your many get well cards and prayers.

Such timely contacts were most encouraging and helpful in lifting my spirits. Also, the gift of the bottle of juice was much appreciated and enjoyed.

Now that Spring is on the way, and sunlight lasts a bit longer, my wife and I look forward to being present at the up-coming meeting.

Until then, sincerely,

Bob Berndt

Lodge News

Board Meeting Minutes, April 5, 2011

Attendees: Ron Stow, Patty Carlson, Rod Hale, Sue Halvorson, Trudi Johnson-Richards, Sharon Kalmes, Mary Beth and David Mutchler, Jeane Pearson, Kathy Stevens, and Susan Stow.

Old Business

The March board and lodge meetings were reviewed and suggestions were made to improve them. The language lesson at the lodge meeting was well received. Rod Hale gave a report on the downtown St. Paul walk. Susan Stow updated the board regarding the Peer Gynt dancers' practices for the Festival of Nations. The position for the editor of the Brevet has not been filled and will be discussed at greater length at the May board meeting.

New Business

The agenda for the April lodge meeting was set in addition to the setup, serving and cleanup of the dinner. Plans were also made for display tables, a financial benefits presentation, a cultural skill presentation and a language lesson.

Patty Carlson gave an update regarding the Festival of Nations volunteers and purchasing of food and supplies. Ron announced a District One bowling tournament at Treasure Island Casino. The Joint Lodges are having a Syttende Mai celebration on May 16 featuring open face sandwiches.

A brief discussion was held about recognizing the contributions of individual lodge members in service to the lodge. A motion was made, seconded and passed regarding entertainment for the June picnic. A motion was made, seconded and passed to transfer money from our savings and investments to pay lodge expenses incurred before we receive our profits from the Festival of Nations.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at **7:00 PM on Tuesday, May 3** 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 A PICTURE ID TO GAIN ACCESS!

Lodge Meeting Minutes, April 12, 2011

105 lodge members and guests attended the April Membership Dinner and lodge meeting and enjoyed the delicious dinner catered by Magnolia's.

We welcomed 13 prospective new members: Katie McClay, Toni Longhenry, Lolle Stephenson, Ben McGuire, John McGuire, Jacquie Carlone, Tony Carlone, Betty Berglund, Greg Vorlicky, Sharon Vorlicky, Kayla Vorlicky, Debbie Beaudette, Solfrid Ladstein, and Liz Crouch.

Greg Hovland outlined the financial and fraternal benefits of belonging to the Sons of Norway. As part of the revenue sharing program, Greg presented the lodge with a check for \$322. Patty Carlson gave an update of openings for volunteering on cooking day and at the Festival of Nations. A list of programs for the remainder of 2011 was available on the tables. Sheryl Hove led a Norwegian language lesson involving words and phrases from the evening's activities.

Susan Stow spoke about members becoming involved in the Cultural Skills Units. She outlined how she plans to complete the Norwegian Literature Unit. Rod Hale described the various sports and fitness medals. He also reminded members about the Stone Arch Bridge walk and attending the film festival on April 16th. Dave Mutchler spoke about finding a new editor for the Brevet and his willingness to train the person(s) who would be the new editor(s).

During the dinner, Char Bostrom, on the violin, and Art Bjornjeld, on the accordion, serenaded us with delightful Scandinavian music. After dinner Jana Stow introduced them to the lodge and they present a program of Scandinavian songs and jokes.

Thank you to Sharon Kalmes, Crystal Bloecher, Sheryl Hove, Lisa Mutchler and Susan Halvorson for the scrumptious Bløtkake for dessert.

Submitted by Sue Halvorson, Secretary

Calendar of Coming Events

Monday May 2	<u>Festival of Nations Cooking Day</u> At Gustavus Adolphus Church, 1689 Arcade St. HELP STILL NEEDED! See next page.	9 AM to Noon
Tuesday May 3	<u>Synnøve-Nordkap Board Meeting</u> Shoreview YMCA conference room 3760 N Lexington Ave, (3 blocks south of I-694) Remember to bring a picture ID.	7:00 PM to 9:00 PM
Saturday May 7	<u>Genealogy Group Meeting at Roseville Library</u> in the Community Meeting room just inside main door, followed by optional lunch.	10:00 AM to Noon
Thurs May 5- Sun May 8	<u>Festival of Nations</u> We will again have the Norwegian booth. See next page for further information. VOLUNTEERS ARE STILL NEEDED!.	
Monday May 9	<u>Genealogy Class</u> (see next page for more info) C.S.P.S. Hall; 383 Michigan St., Saint Paul	7:00 PM to 9:00 PM
Tuesday May 10	<u>Synnove-Nordkap Social Event</u> Featuring Kari Tauring, "Old Norse Staff Carrier and Reality Television Star" of "Alt for Norge" See the cover page for more information.	7:00 PM
Saturday May 14	<u>Lodge Walk</u> St. Anthony Park with a viewing of the outside of the Old Muskego Church at Luther Seminary	10:00 AM
Tuesday June 7	<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
Tuesday June 21	<u>Mid-Summer Picnic</u> (with ventriloquist) Island Lake Park, Shoreview Pot Luck supper with games and Maypole	6:00 PM to Sunset +

May Lodge Walk

Join us on Saturday, May 14th at 10:00 AM for a walk around the St. Anthony Park neighborhood of St. Paul. Meet at the St. Anthony Park Library, 2445 Como Avenue. We'll have a chance to see the outside of the Old Muskego Church (built in 1844 near Racine, WI) on the grounds of Luther Seminary.
- Rod Hale, 651-636-4284

Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meetings. May 10, Lessons 22 & 23. Future date: September 13.
- (2) "Norsk Nordmenn og Norge" Class 6:30-8:00 PM Thursdays, 1/mo. Sun Ray Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St. Date: May 12: Chapter 21, p. 354. Future date: September 15
For information, contact class co-facilitators: Sheryl Hove 651-738-4908 or Crystal Bloecher 651-774-8545.

Ingebretson's Events (612) 729-9333

Sat. April 30, 1:00 PM: Talk, slideshow presentation and signing by Eric Dregli, author of "Vikings in the Attic." Eric is our September presenter.

May 14, 10 AM-Noon: Kransekake Make this spectacular cake with expert baker Lorraine Jasinski. Learn the cake's history and its role in Scandinavian celebrations. Learn to bake one yourself. Bring an apron. Class will end with coffee and cake. \$35, all materials included.

Mindekirken Events::

924 E. 21st St.
Minneapolis, MN 55404
(612) 874-0716

Tuesday Open House

- May 3: Monika Zagar--about author Per Petterson
May 10: Sue Hunter Weir — Pioneer Cemetery (Cedar/Lake)
May 17: Anne Elisebeth Skogen—Sloop Story
May 24: Berit Aus –"The Spices of Life" from Wayzata Bay Spice Company
June 7: Hans Olav Bråtå— Local Food Traditions in Norway
June 14: Special music program with students of Melissa Culloton

Minneapolis St. Paul International Film Fest

April 14-May 5
St. Anthony Main Theater, Mpls.
170 films from 50 countries, more info at mspfilmfest.org. Don't miss it!

Gammelgarden Museum Scandia, MN

Midsommar Dag, Saturday, June 25
Meet Tor the Gammelgården Tomte
Children's Activities 10:30 to 12:30
Raising of the Majstång followed by program and entertainers at 1:00

Lodge News & Upcoming Events



HELP NEEDED! FESTIVAL OF NATIONS

May 2, May 5-8

Please contact Pat Carlson, 651-556-0637, if you can help at Cooking Day or at the Festival of Nations itself.

Cooking Day is at Gustavus Adolphus Church on Arcade St. between Larpen-
teur and Wheelock Pkwy.

If you worked last year and want to do it again this year, please let Pat know!

This is our biggest fundraiser of the year and an excellent time to meet other lodge members in a small group setting. **COME ON, FOLKS!**

Genealogy Class

Sokol Minnesota will be offering a class for anyone who wishes to learn how to write all of the wonderful family lore and stories that you have been collecting while doing genealogical research. Linda Coffin, of *HistoryCrafters*, will lead us in setting pen to paper or fingers to keyboard. Linda specializes in helping families get their photos and stories out of the boxes and onto the page.

The class, open to anyone age 14 and older, will be held from 7:00 PM to 9 PM on Monday, May 9, 2011, at the C.S.P.S. Hall; 383 Michigan St., Saint Paul, MN 55102

Sokol Minnesota is partnering with Synnøve-Nordkap, Sons of Norway Lodge #1-008 for this project. The fee for the class will be \$18.00 for Sokol or Synnøve-Nordkap members and \$23.00 for non-members. If a second member of Sokol or Synnøve-Nordkap, from the same household, would like to register, their fee will be \$12.00.

Registration is required. You can download the form at: www.sokolmn.org. Send the form and payment to Education Director, Jean Draheim by May 5, 2011. If you do not have access to the web site, please register by calling Jean at: 651-426-2826.

Syttende Mai 2011 Celebrating Norway

Syttende Mai mMinnesota 2011 has a beautiful brochure highlighting events in the Twin Cities and surrounding area. Go to the link <http://www.norwayhouse.org/wp-content/uploads/2011/04/2011-SMM-Brochure-3.pdf> for a copy, or check our website.

Also, Norwegian Heritage Day, Friday, May 13 at St. Olaf College, Northfield MN registration deadline Monday, May 9. Online information at

<https://www.stolaf.edu/alumni/events/norwegianheritage.html> \$20 includes lunch.

Synnøve-Nordkap 2011 Programs

- Jan, 11 Norwegian Artifacts in the MN History Center, by Matt Anderson, curator
- Feb. 8 Movie night with popcorn & candy
- Mar. 8 Cooking Demonstration by Ingebretsens with Nancy Petersen
- April 12 Membership Dinner with Fiddler Char Bostrom and Accordion player Art Bjornsgjeld
- May 10 Survival-Reality TV Program in Norway star Kari Tauring
- June 21 Midsummer's Potluck Picnic in the park with Maypole, Peer Gynt Dancers, ventriloquist and games.
- Sept. 13 Life in Norway by Eric Dregli, author of "In Cod We Trust" & "Vikings in the Attic"
- Oct. 11 Norman Borlaug: Norsk-American Scientist Battles World Hunger, by U of MN faculty
- Nov. 8 Norske Sisters by Betty Bergland
- Dec. 12 Julebord

April Junior Lodge Update

As a thank you for our use of the Vennekretsen Lodge float in the Winter Carnival 125th Grande Day Parade, our junior lodge Peer Gynt Dancers traveled to Anoka to perform. There was about a half-hour to rehearse before the official program started, which is helpful. We frequently are dancing with new partners, plus we need to go through the flow of the program so the children remember the progression of songs. Then seventeen of our twenty-six dancers entered the hall to the flag entry music. The Vennekretsen lodge members were very receptive to our folk dancing, especially a song dance called “Per Sjuspring”. Quite a number from the audience joined us on a couple dances – “Danse en og en” and “Farandole” in which Roxanne Nelson led the group in intricate patterns.

Now it is on to the Festival of Nations on Saturday, May 7th. Our performance is in the 12:30 group of children. We will perform the dances “Rugen” and “Klapdans”. Karl Tomlinson is the flag bearer from our group for the flag ceremony at 1:30. We hope many lodge members will be able to enjoy the children’s show on the main stage. You can be very proud of what these young people accomplish!

May 14th is our regular meeting day at Our Savior’s Church from 1-2:30. Many will be turning in their beginning folk dancing work for the cultural skill unit for youth. We will honor our graduating senior and Peer Gynt lead dancer, Roxanne Nelson and hear about her college plans for next year.

-Susan Stow



Norwegian Cultural Skills Program Unit 12: Chip Carving

In the introduction to unit 12 of the Norwegian Cultural Skills Program of Sons of Norway, we learn that chip carving, or karveskurd in Norwegian, is the decorative art of incising a geometric pattern into wood. Though it is not uniquely Norwegian, it flourishes among those living in the valleys and farming communities such as Gudbrandsdalen and Setesdalen. In these areas, as well as others, typical everyday household items, such as wooden utensils, bowls and plates were adorned with chip carving. The photo shows a plate and a tine box with chip carved decoration, done by Susan Stow's father, Lowell Qualley.

The three levels of the chip carving unit include: the basics, carving borders, and carving rosettes. The first level introduces you to simple patterns which you transfer onto the wood surface, and carve it into the wood using a sharp chip carving knife and proper hand and knife position. This is done on a 4-6 inch wide piece of basswood, the most popular wood used because of its even grain and softness.

Level two involves carving borders, using the techniques of triangular, curved, and straight line chips, setting the tone of the carving. The advanced level three carvings are done after mastering the basic techniques. Here you develop and carve the rosette pattern, a design created from a series of circles divided geometrically. With the use of a good mechanical compass, you are asked to draw, and then, with your sharp chip carving knife, to carve rosettes of anywhere from four to twelve sides on a basswood board.

Optional activities, to be done at any of the levels, include attending a chip carving class or going to a craft or woodworkers' show, observing examples of chip carving. You may also bring your carved item to a lodge meeting for display, perhaps even entering it in the District or International convention's competition. A short report on chip carving can be written for your lodge's newsletter.

Sign up at the next lodge meeting to indicate your interest in learning to chip carve. If you are already an experienced chip carver, please help out the rest of us.



Benefit News

5 Things You Should Know About Permanent Life Insurance

1. You're Insured For A Lifetime.

Unlike term life insurance, which covers a defined period of time – typically 10 to 30 years – permanent life insurance will last as long as you live.

2. Premiums Never Increase.

No matter what your health, you'll never have to pay a higher premium.

3. You're Covered In Retirement.

It's a misperception that your need for life insurance goes away. Many things can dramatically reduce retirement savings. Life insurance coverage can provide income for a surviving spouse to help ease financial burdens.

4. It Can Help Your Heirs Avoid Taxes.

Life insurance can be structured so that your beneficiaries, whether they're your children or favorite charity, get tax-free benefits.

5. It's There When You Need It.

Life insurance is designed for those who survive you, but if you become ill, you can get some of the death benefit while you're living to help cover medical bills and living expenses.

For more information on long-term care planning, schedule a complementary Sons of Norway financial review.

Greg Hovland

Financial Benefits Counselor
651-429-2304

lctfinancial@msn.com
www.LtcFinancialServices.com

This and That

PLEASE RETURN YOUR OVERDUE LIBRARY ITEMS FOR OTHERS TO CHECK OUT!

We have quite a list of items from our lodge library which are long overdue. Please check your books, movies and CD's for any items that you may have borrowed from the lodge. Contact our librarian, Trudi Johnson-Richards if you feel that you may have an item but cannot find it. We don't want to publish the list here, but reserve the right to do so!

The Corner Library

by Trudi Johnson-Richards

Safe from the Sea is a story about Olaf and Noah Torr, a father and son whose long estrangement began after Olaf survived a shipwreck on Lake Superior. Olaf worked on the famed Ragnarok which sank in Lake Superior and left him one of only three survivors. More than thirty years after the wreck, Olaf believes he is dying of cancer and asks his son to come home to his isolated cabin on the lake in order to help him die. Unsure of what lies ahead, Noah heads to his father's cabin in Misquah, Minnesota, to see him through his final days.

Minneapolis born Peter Geye paints a clear picture of the Great Lakes shipping industry on the cold Minnesota North Shore in his first novel published in 2010. Norwegian immigrant, Olaf, is bitter and guilty about surviving a shipwreck. Noah visits the maritime museum and views artifacts and photos from the shipwreck around which the secret of the book lies. A placard beside a photo identifies the thirty shipmates before they sailed. During their two weeks together they split wood and fish. Noah realizes his relationship with his wife, Natalie, was affected from an absent father. Noah confronts both his dying father and he and his wife's problems and the effect it had on the Torr family. **Safe from the Sea** is about reminiscence, broken familial relationships and reconciliation. During their time together, Olaf tells Noah the full story of what happened the night the Ragnarok went down.

Peter Geye received his MFA from the University of New Orleans and his PhD from Western Michigan University. He was born and raised in Minneapolis and continues to live there with his wife and three children. Peter Geye has caught the essence of Minnesota's exotic and remote North Shore of Lake Superior. This book is a seafaring adventure and a tender father-son story of regret and forgiveness. This is a deeply emotional story about the family legacies that flow from one generation to another.

**SAVE USED POSTAGE STAMPS
FOR TUBERIM**

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

A Quota for Female Executives



A full 40% of board members at major Norwegian companies are women—they have to be, by law. In 2002, the Norwegian parliament gave companies six years to comply with the new mandate. Spain has introduced a quota requiring that women comprise 40% of boards by 2015. Italy, France, and Belgium are considering similar bills.

Many organizations have been trying for years to get more women into upper-management positions, says Prof. Amy Dittmar of the University of Michigan's Ross School of Business. Today, 15% of board members at top U.S. companies are women, compared with an average of 9.7% in the European Union and less than 5% in Asia.

— Maura Kelly

DISTRICT ITEMS FOR SALE

The 1st District still has the following items for sale:

100th Anniversary Medallions reduced price at \$25 ea while they last.

Centennial Books and updates as a set for \$25 or individually at \$18 for the Centennial Books and \$12 for the update book.

All the pins we have left will be sold as follows:

For a set of 3 pins \$12.

For a set of any 2 pin combination \$8.

Individually they will still be \$5.

Just a reminder all proceeds from the sales for the above items will be placed in the scholarship funds program for the language camps sponsored by the 1st District.

You may check with your Zone Directors for the purchase of any of the items as long as they last, or order them directly from me.

**Dennis Rusinko
Zone 2 Director
612-789-2272 or
dennisrusinko@aol.com**

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



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 please deliver promptly!**

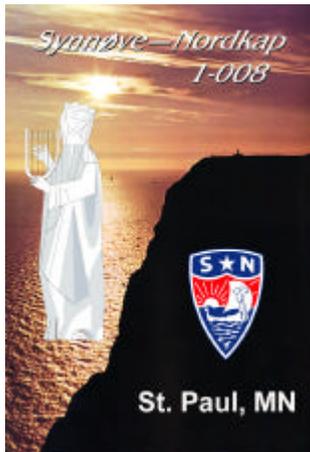
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(* All area codes are 651 unless otherwise specified).

SYNNØVE-NORDKAP
SONS OF NORWAY
LODGE #1-008
First Lutheran Church
463 Maria Ave.
St. Paul, MN 55106
651-762-7872



Upcoming Activities

Fest. Of Nations Cooking - Mon. May 2
Festival of Nations - May 5-8, Th-Sun
Kari Tauring - May 10
Many Syttende Mai Events May 13-17

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.