

SynNor Brevet

Published monthly by

**Synnøve-Nordkap
Lodge #1-008**



**District 1 Family Lodge
of the Year 2006, 2008**

**January 2013
Number 13:1**

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

Voice Messages: 651-762-7872



Immigrant Story Comes to Life at Synnove-Nordkap Lodge Meeting! January 8, 2013



A third generation American of Norwegian descent, Roger R. Hellesvig, aka Ole Oleson, was born and raised in Minneapolis, MN. He completed a BA in Elementary Education at Concordia University in St. Paul, and taught in both public and parochial schools in Minnesota and Chicago from 1977 - 2000. In 1987, he began volunteering at a local museum, Murphy's Landing. During these years he developed his character, Ole Oleson, the name of his great grandfather who immigrated to America. Hellesvig developed two educational programs at the Landing, "19th Century School Days" and a Summer Immersion Program, and presented workshops on persona development. In 2001, he assisted in fulfilling a grant on persona development at Dakota City, a museum in Farmington, MN, researching individuals from Dakota County's past and preparing volunteers to fill these character roles. Books about each of the characters were completed in 2002.

Mr. Hellesvig has received numerous awards, including Bloomingdale's Golden-B Award - 2003 and 2005; Big Island Rendezvous' Street Person Of The Year - 2001; Who's Who Among American Teachers - 2000; and Honorary Member of the Old West Society of Minnesota - 1996. Since 1987, Hellesvig has been traveling around the United States giving programs on 19th Century Norwegian Immigration, 19th Century School Days, and performing in character at various events. He has traveled to 16 states telling his stories.

One reviewer of his performance commented: "I saw his performance last winter at an arena in Watertown, SD. ...Roger Hellesvig did such a good job of portraying this immigrant he portrays, that a person would never doubt but what he was the actual person who made the journey. His trunk, his portrayal of the contents and how he acquired them, the order of importance that each item was meant for, the limited amount of space in the trunk for only the most essential items, and his story of preparing for and also his arrival in America; all are so well done and so factual, it leaves no doubt in my mind that this is a valuable presentation to anyone interested in the past and how it came to be. He certainly teaches his audience that to appreciate the future, we must first know and appreciate the past and where we all came from. I would recommend this to any group, class, organization or gathering of any kind concerning the preservation of our past history. He has a most excellent program."

Don't miss this informative and entertaining presentation at our Synnove-Nordkap Lodge meeting on Tuesday, January 8th at 7:00 p.m.

Norwegian Culture and News

by Judy Stanke

Food for thought...

In the News:

Food prices in Norway are the most expensive in all of Europe, coming in at a whopping 64% above the average among European Union countries. Some Norwegians regularly make trips across the border to Sweden to purchase groceries, where the prices on many items are lower. To put this in perspective, a dozen eggs in Norway typically costs over \$5.00 and a combo meal at McDonalds is about \$16.00. Alcoholic beverages are highly taxed, making them extremely expensive, as well.



Now that the Christmas holidays have come and gone, are you thinking, next year I'm going to make lefse, or perhaps krumkake or a birthday blotkake? But where do you get the special equipment required? Here are some sources for all the special baking pans, irons and griddles you will need.

Ingebretsen's is a good local choice for all things Norwegian. But consider also mail-order sources such as Target.com, Sears.com or Amazon.com, to name a few. At the time of writing this article, Target.com had a Bethany lefse griddle for \$79.99 which came with a free \$10 Target gift card and free shipping.

Available by mail-order through Amazon are a variety of specialty bakeware items, including rosette irons, kransekake forms, fattigman cutters and half-round loaf pans.

Decorative bundt-style pans are for sale locally at the Nordic Ware factory outlet store in St. Louis Park and also in many local cookware and department stores. Nordic Ware is a family owned Minnesota company who has marketed cookware and bakeware for over 60 years. Their first products were rosette irons, ebelskiver pans and krumkake irons, but they are best known for their bundt pans.

Check garage sales and ebay for occasional good deals on used items.

Next time there is a birthday to celebrate in your family, here is a link to a recipe for Norwegian Blotkake, which requires a spring form pan. <http://www.norway-hei.com/blotkake-birthday-cake-recipe.html>

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



Hit the brakes! It's time for me to get in the back seat and let someone else drive up the next stretch of this fraternal super highway. The past two years, during which I have had the privilege of serving as president of Synnøve-Nordkap, have actually gone by faster than I would have thought way back in January of 2011, when Sharon Amann passed along the presidential gavel to me.

I thank all of you, dear members, by saying "Mange tusen takk! for your encouragement and support. Several of you have paid me compliments during my term which have made my Norwegian heart beat with joy and a sense of accomplishment.

Many of you have responded to my requests for help with lodge projects. A major one was the response to the call for members to take on the publishing of the Brevet, our newsletter. I am pleased to say that the Brevet continues to be the best newsletter in all of SonsofNorwaydom. Takk, takk, takk!

In February, we will witness the result of all the hard work of those members who responded to the idea of our lodge developing a museum exhibit. None of us imagined what this would turn out like. It has evolved into a presentation for which we will definitely be proud. Tusen, tusen takk! to the museum display committee.

Thanks to the board of directors for making it easy for me to have been in this position. Your ideas, suggestions and feedback have always served the lodge well. All of our members need to thank the board members for their service. If members haven't served on the lodge board, it is a great way to learn more about Sons of Norway, about our lodge, and get better acquainted with our own members.

Many of you have served the lodge in other ways. Marshalls, auditors, musicians, language instructors, trustees, historians, financial counselors, greeters, mailers, publicity, sunshine, bell ringers, tubfrim stamp collecting, genealogists, junior lodge, Festival of Nations helpers, librarians, cooks and bakers. My gratitude to all of you.

As president, I have enjoyed some "extras" that come with the job from time to time. Being invited to dinner with the King and Queen of Norway was over the top. Invitations to banquets with other Norwegian organizations, or to special programs at area Sons of Norway lodges also rank up there.

In closing, as I pass the presidential gavel on to Kathy Stevens, I would hope that all of the above will also be true for her as well.

Ha det bra! Ron

Sunshine News

Our sympathies to: Barbara Dahler on the death of her mother; and to Jean and Chuck Draheim on the death of Jean's father, Frank "Mir" Verner who passed away Christmas Eve, Dec. 24.

HELP US KEEP TRACK OF OUR MEMBERS!

Mary Beth Mutchler is our sunshine person. If you know of someone who is sick, had surgery, etc., please call her at 651-484-8872 or email her at mbe43@q.com and she will send a card from the lodge. Thanks

Lodge News

Board Meeting Minutes, December 4, 2012

Attendees: Ron Stow, Sharon Amann, Pat Carlson, Rod Hale, Sue Halvorson, Trudi Johnson-Richards, Sharon Kalmes, Dave and Mary Beth Mutchler, Laura Sherman, and Susan Stow.

The November meeting was reviewed. Dave Mutchler suggested slowing down the pace of the on screen announcements during the lodge meeting so that they wouldn't be as much of a distraction. The lodge will continue to advertise the lodge trip to Norway in the Brevet and through emails after Christmas.

For the December Julebord, Sharon Kalmes said that all of the food categories were pretty well signed up for. She will get the paper goods and board members will provide the centerpieces for the tables. It was suggested that we sing Christmas songs after the dinner. Nominations for open officer positions and the election of officers will happen between the appetizers and the meal. Membership pins will be handed out at the January lodge meeting as we do not have a current list of recipients.

Rod Hale updated the board regarding camp scholarships. The four applicants will each receive \$125 per week from the lodge and the district funds will be divided among them.

The January meeting program will be Ole Oleson's Norwegian Immigrant Story.

The Junior lodge will be making a large troll to appear on their float in the St. Paul Winter Carnival Parade on January 26.

Ron announced that the museum display project has received a Legacy Grant that was applied for in conjunction with the Ramsey County Historical Society. Our portion of the grant is \$6000. The money will be used to pay for the printing of the panels and the events that are scheduled during the run of the display at Landmark Center. There will be opening ceremonies on February 28 to which dignitaries will be invited. The board put together a list of people to be invited. It was suggested that we advertise this event on the Sons of Norway website calendar. If we want to serve food at the opening ceremonies, we need to have it catered. It was also announced that the Rochester and Alexandria lodges were in the process of booking the display for showing in their cities. Kathy Stevens made a motion via email that the lodge have a photo book made about the display for our library which would cost \$79.95 plus shipping and taxes. She also recommended that we pay an additional \$15 for Terri Letourneau to input the photos into the software. Sharon Amann seconded the motion. The motion carried.

The February lodge program will feature the museum display and the interviews done in conjunction with the artifacts. The March program will tentatively be a presentation about Norway House.

Sharon Amann has not had a response from the church regarding the lodge's concerns regarding the church facilities use for the Torsk and Meatball Dinner.

Susan Stow explained that her daughter Jana had spent five hours at the Mall of America during the Alt for Norge casting and spoken with people standing in line regarding the formation of the Norway GPS group. She received very favorable comments. She will be on the committee for the group. Jeanne Pearson will act as a resource person for the group. Ron detailed expectations for the group from the senior lodge: people attending this group will eventually become members of the lodge; the people will be invited to the April membership dinner; they will plan their own events; they will be welcome at senior lodge events; they will receive the Brevet via email; and the senior lodge will determine their budget. Jana will be maintaining the lodge Facebook account to advertise the group. Sharon Amann made a motion for the board to give permission to put the wheels in motion to get the Norway GPS group up and running. Dave Mutchler seconded the motion. The motion carried.

Submitted by: Sue Halvorson, Secretary

The January board of directors meeting will be held at 7:00 p.m. on Wednesday, January 2, 2013, at the Maplewood Library, 3025 Southlawn Dr. (west side of Maplewood Mall) in the community program room.

General Meeting Minutes, December 11, 2012

71 members and guests enjoyed each other's company and the wonderful food everyone brought for the Julebord. Our guests were Kaia Velo, Sophie Gardener, Ben Fitzreuter, Scott Torvi, and Russ and Myrna Moffet.

A vote was taken to elect the slate of officers for 2013 as it was printed in the Brevet. The slate was elected.

Kathy Stevens presented Susan Stow with a cultural skills award pin for the Literature Cultural Skills Unit.

John Nordale is celebrating a December birthday.

After the dinner, Susan Stow played the piano and lodge members sang Christmas songs in Norwegian and English. Lowell Johnson also entertained by performing a humorous Christmas song.

Thank you Sharon Kalmes for her hard work organizing and setting up the Julebord.

Submitted by Sue Halvorson, Secretary

Calendar of Coming Events

<u>Wed.</u> <u>Jan. 2</u>	<u>Synnøve-Nordkap Board Meeting</u> PLEASE NOTE DATE CHANGE Maplewood Library, 3025 Southlawn Dr. (west side of Maplewood Mall)	7:00 PM to 9:00 PM
<u>Saturday</u> <u>Jan. 5</u>	<u>Genealogy Group Meeting</u> In conference room just inside main door at Roseville Library, Hamline at Co. Rd. D	10:00 AM to Noon
<u>Tuesday</u> <u>Jan. 8</u>	<u>Synnøve-Nordkap Social Event</u> Immigrant Trunk Presentation By Roger Hellesvig, aka Ole Olesen	7:00 PM
<u>Saturday</u> <u>Jan. 12</u>	<u>Junior Lodge Meeting</u> Fish toss and sledding at SJHS east field and then rehearsal at Our Savior's Lutheran Church	1:00 PM to 2:30 PM
<u>Saturday</u> <u>Jan. 26</u>	<u>Winter Carnival Grande Day Parade</u> Junior Lodge dancers and float See page 7 for more information.	1:00 PM
<u>Tuesday</u> <u>Feb. 5</u>	<u>Synnøve-Nordkap Board Meeting</u> PLEASE NOTE LOCATION CHANGE Shoreview Library, 4570 N. Victoria St., Shoreview	7:00 PM to 9:00 PM
<u>Tuesday</u> <u>Feb. 12</u>	<u>Synnøve-Nordkap Social Event</u> Chili Dump and Ron Kvaas's video about member artifacts to be used for the Museum Project at Landmark Center	6:30 PM
<u>Thurs.</u> <u>Feb. 21</u>	<u>Landmark Museum Exhibit Opens</u> "New Land, New Life: Norwegian Immigration in Minnesota: 1825—1925." The exhibit will run until June 20, 2013 at Landmark Center.	
<u>Thurs.</u> <u>Feb. 28</u>	<u>Landmark Museum Exhibit</u> Opening Reception Landmark Center, RCHS Gallery	11:00 AM to 1:30

Genealogy Group

Normally meets the first Saturday of the month from 10 am to 12 noon at the Roseville Library Community Program Room. Everyone is welcome to attend. Interested members should contact Cathie Reasoner at 651-646-8483 or harrie1030@netzero.com for more information.

Next meeting January 5th.

Mindekirken Events:

Tuesday Open House:

Jan. 8 Karen Humphrey: Dassel Leikarring

Jan. 15 Jon Pederson: Norway House

Jan. 22 Bob Hulteen: Metro Lutheran

Jan. 29 Carol Sersland: The Newcomers and Immigrant Tunes

Time to Learn Rosemaling

SON and Vesterheim are offering a 4 day, Saturday, class at Lutheran Church of the Good Shepherd: Jan 22 & 29, Feb 5 & 12, 9-11:30 AM. Cost \$85. Earn Part 1 of the Cultural Skills Medal with Gold Medalist Shirley Evanstad as the instructor. More information:

563-382-9681 or
info@vesterheim.org

Norwegian Language Classes

(1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meetings. January 8: Lessons 4 & 5.

(2) "Norsk Nordmenn og Norge" Class 6:30-7:45 PM Thursdays, 1/mo. SunRay Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St. Date: January 10: Chapter 25 p. 424.

For information, contact class co-facilitators: Sheryl Hove [651-738-4908](tel:651-738-4908) and Crystal Bloecher [651-774-8545](tel:651-774-8545).

New participants welcome!

Cultural Skills Unit 7: Language and Culture Group

Date: Tuesday, November 13 following the SON Meeting.

Location: Eat lunch together at the back corner table.

Plan monthly words for Brevet and discuss individual plans.

Norwegian/English Word Of The Month is contributed by

Sheryl Hove of Unit 7 Group

See page 9 for this month's words!

This-n-That

News, Notes and “Nuggets” You Don’t Want to Miss!

I would like to thank everyone that made the Julebord another very successful evening. A big thanks to Linda Holmstrom, Shirley Brekke, Maureen Austinson, Meredith Berg and Trudi Johnson Richards for helping me set up, to JoAnn and Curt Hogenson for helping to organize the food and for clean up to Lenore Jesness, Crystal Bloecher, Sheryl Hove, Patty Carlson, Axel Torvi, Rod Hale and Joanne England.

A huge thank you to everyone that brought their delicious food items. Tusen Takk! Sharon Kalmes

Thanks to Our Bell Ringers! Our bell-ringing efforts for the Salvation Army on December 8, raised \$539.71. Thanks again to Char and Clay Lance, Sharon and Ron Kalmes, Jane and Andy Urness, Dana Carlson, Ron Stow, and Kathy Stevens.



Congratulations to lodge member **Lowell Johnson**, who was honored recently for his distinguished service to the Local Public Health Association of Minnesota. Lowell is Washington County’s Director of the Department of Public Health and Environment. Gratulerer

Chunky Caramel Popcorn (Served by Susan Halverson at a recent board meeting)

12 cups popped popcorn

1 (9.75-ounce) can (2 cups) whole cashews

1 (5-ounce) bag (1 1/2 cups) pecan halves

1 cup firmly packed brown sugar

3/4 cup butter

1/2 cup light corn syrup

1 teaspoon baking soda

30 min. prep time 1:50 total time. 38 1/2 cup servings

Drizzle:

1 cup dark chocolate chips

1 1/2 teaspoons shortening

1/2 cup white baking chips

Directions

Heat oven to 250°F. Place popcorn, cashews and pecans in large roasting pan.

Combine brown sugar, butter and corn syrup in 2-quart saucepan. Cook over medium heat until mixture comes to a boil (7 to 8 minutes). Continue boiling 2 minutes. Remove from heat; stir in baking soda.

Pour butter mixture over popcorn mixture in pan; stir well. Bake for 60 minutes, stirring every 15 minutes. Remove from oven; place onto waxed paper or parchment paper. Cool completely. (Do Not Break Into Pieces.)

Place chocolate chips and 1 *teaspoon* shortening into resealable plastic food bag. Microwave 30-45 seconds; knead bag. Continue microwaving at 15 second intervals, kneading until smooth. Cut tiny corner from bag; drizzle melted chocolate over popcorn mixture. Repeat with white baking chips and remaining 1/2 *teaspoon* shortening, microwaving on MEDIUM-HIGH (70% power). Drizzle over popcorn mixture. Let stand until chocolate is set (3 to 4 hours). Break popcorn mixture into pieces. Store in container with tight-fitting lid or resealable plastic food bag.

Recipe Tip:

Chocolate and white baking chips can be melted separately with shortening in a small bowl in microwave or in small saucepan over low heat until melted. Drizzle chocolate mixtures with fork or spoon.

Lodge News

Junior Lodge Update

Stirring rømmegrøt and sampling it was new this year at our annual baking day. The Kringla and Krum Kake were very successful recipes, but the Sandbakkels just wouldn't pop out of the tins.

Our cultural story for the month of December was The Race of the Birkebeiners by Lise Lunge-Larsen. We talked a bit about the Birkie in Cable, Wisconsin that attracts skiers from around the world. The Norwegian Birkebeinerrennet is an 800 year old tradition, where skiers carry packs symbolizing the weight of the 18th month old Prince Håkon. These packs also contain food, clothing and survival gear to protect against unexpected weather changes in the mountains.

Just peeking at the January calendar gives us a look at two really fun events – the fish toss and sledding party with our Norwegian spark sleds on Jan. 12th and the Winter Carnival Grande Day Parade, Jan. 26th. Our float theme this year features a five foot tall troll with a paper maché head, hands and feet that will be coming out of the woods at the back of the trailer. Our woods will be natural evergreens the junior lodge families will save after Christmas. We will have some of our Norwegian kick sleds fastened to the float for some to sit upon and more snow available this year to add to the deep woods idea. Two groups of Peer Gynt Dancers will be on either side of the float dancing along the parade route. Come and cheer us along!

Pass the Box foundation fundraiser a success!

Thanks to our members who were present at the November lodge meeting, \$149.57 was raised as we passed the boxes. This donation to the Sons of Norway Foundation supports scholarships to Oslo Summer School and funds outreach programs including Ski For Light, the troop exchange between Norwegian Home Guard and the Minnesota National Guard, as well as helping local lodges

Yust For Fun!

Did you hear that it has been so cold this year that somehow a penguin wandered into town? Ole found it and was unsure what to do with it. He called Sven who suggested Ole take it to the zoo. The next day Sven spotted Ole walking down the sidewalk with the penguin. Sven said, "I tought I told you to take dat penguin to da zoo!" Ole replied, "Ya, you did. Ve had so much fun, today ve are going to da movies!" - Uff da!

Here's anudder vun:

Ole, Lars and Sven had been going to the Sons of Norway hall meeting as long as there had been a hall. And every month, wouldn't ya know it, they didn't win a prize in the monthly draw. That is until the last meeting. Sven was the first one of the three to get his name drawn. He won two pounds of spaghetti sauce, four boxes of noodles, and three pounds of Swedish meatballs. Ole had his name drawn next. He got himself round trip tickets to Duluth, a night's stay at the Dew Drop Inn and a pair of tickets to see the Inger triplets Polka Ensemble. Ole thought that he had died and gone to heaven. Lars was the last one to have his name drawn; he won a toilet brush.

At the next monthly meeting, they sat down together to check out how each other had fared for the past month. Sven said "Uff da, I had dat pasghetti for tree days. It was so good, and Helga didn't have to buy food for dem dere tree days."

Ole said "Lena was so happy vhen I brought home dem tickets. The trip up to Dulut was nice, we got to ride da Greyhound, and you know, they got a built in outhouse on dat dere bus. And the Inger Triplets, if I didn't know better, I would swear dey were sisters."

Then Ole turned to Lars, and asked him how his prize worked out. Lars looks at them both and says "Dat dere toilet brush is nice, but I tink I'll go back to using paper. - Uff da!

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, Lowell and Linda

Benefit News

Safeguard Your Documents



It happened again. Just a year after Tropical Storm Irene delivered a one-two punch to the New England shoreline, Super Storm Sandy provided a knockout blow. Many people lost their homes and all their documents.

Here's a to-do list to help be prepared in case of a disaster.

Keep a file folder handy with cash, a checkbook, recent statements from utility companies, homeowners insurance and credit card information. Then place the folder on a desk in the kitchen beside a land-line. If power and cell towers are out you may still be able to make calls. This will also allow you to keep running if you are forced out of your home.

Make digital and paper copies of important documents including bank and brokerage account statements, insurance policies, birth certificates, passports and the like and store them in a secure location or locations a fair distance from home. A safe-deposit box at a local bank someplace farther away, online data storage is also option but you may not have internet access for a period of time.

For more information schedule a complementary Sons of Norway financial review.

Reference: The Wall Street Journal Sunday, November 11, 2012.

Greg Hovland

Financial Benefits Counselor
651-429-2304

ltcfinancial@msn.com
www.LtcFinancialServices.com

Meet Our Members

Kathy Stevens will be installed in January as the next president of Synnøve-Nordkap Lodge. She has been a member of Sons of Norway since 1992 and joined our lodge in 2008, transferring from Nidaros Lodge in Minneapolis. Their loss is our gain.

In preparation for her new position, Kathy attended the Innovative Leadership Conference, which was held prior to the International Sons of Norway convention in Fargo this past September. She has felt that serving as cultural director and as vice president has helped her to get to know fellow lodge members. She has also been a lodge delegate to the past two District One conventions.

Besides her duties on the board, Kathy has helped bake krumkake for Festival of Nations, rung the bells for Salvation Army at Byerly's and participated in lodge walks. She has earned two Sons of Norway sports medals for walking and is working on a third.

Kathy has been involved in the lodge's museum display project, scheduling both members and non-members to do cultural demonstrations at the Landmark Center. She is excited to see the results of all the hard work of the museum committee. Kathy encourages lodge members to go to the Landmark Center and see this project, saying "The lodge has much to be proud of."

Aside from lodge activities, Kathy enjoys rubber stamping, scrapbooking, reading mysteries and working on Norwegian genealogy. She attends our lodge's genealogy program, another group of which we can all be proud. Kathy would like to follow in Joanne Nordale's example and achieve the Sons of Norway genealogy pins.

Kathy is learning to "snakke Norsk", taking language lessons at Mindekirken, where fellow lodge member, Judy Linder, is one of her classmates.

As a volunteer, Kathy works at the Angel Foundation, where she helps put together packets for cancer patients, including chemo packets. As a knitter with the Marvelous Mitten Makers, she helps make hats, scarves and mittens for St. Paul school children. Feed My Starving Children has also benefited from Kathy's help.

Kathy stated, "I really enjoy being a part of Synnøve-Nordkap. The people are friendly, talented and very good cooks, judging by the treats at the meetings." When she mentioned to a friend that she is a member of the St. Paul lodge, her friend said that she had heard it is a good lodge. "And she was right."

We welcome Kathy Stevens as our new president of Synnøve-Nordkap Lodge.

Corner Library

By Trudi Johnson-Richards

While growing up, Carmen J. Moe often heard relative tell of incidents and events involving her paternal ancestors. The more she learned, the more convinced she became that this was a story that should not be lost. **Sleep Not The Valley** is about her paternal ancestors, most of whom were born in Norway and America. This book is based on information obtained from conversations and correspondence with relatives, old letters, photographs, newspaper articles, records and information from genealogical libraries and cemeteries.

The first part of the book gives an outline of ancient, early and medieval Norway. Many churches were built in Norway from the time of St. Olaf until the sixteenth century. Christianity came to Norway from the West, the Irish and the Anglo-Saxons. The oldest churches for that reason resemble churches in Ireland and England. The Norwegian people were required to tithe to the church, to give one tenth of all, even for bear hunting. Then came the Black Death 1349-50. The Catholic Church's steady advance toward greater power and glory in Norway came to an abrupt halt in 1349 when the country was struck by the Black Death. The Protestant Reformation began in Germany in 1517; the teachings of Martin Luther were brought to Norway.

Chapters 10 through 16 are about the Vedums, Solbergs, Hans Nielsen Hauge, Arne and Marit Maehlum, descendants of Johannes and Anne Vedumsdahlen and Peder and Ingeborg Raabolshagen Families. Carmen J. Moe describes individuals as completely as possible and in the context of significant events taking place in their lives. Chapters 17 and 18 are events in the 1880's and 1890's. Chapters 19 through 25 are events from 1900 through the 1960's and beyond. The dawning of the twentieth century brought renewed hope and brightened anticipation of the future. The first years saw significant events and changes, both in the United States and in Norway. There was further emigration from Norway and continued westward movement in America.

If you have an interest in genealogy, this is the book for you. **Sleep Not The Valley** was published in 1999; out of print as of August 17, 2012. This book has maps, notes and bibliography. Carmen J. Moe signed the book. Meredith Berg donated **Sleep Not The Valley** to the Synnove-Nordkap Lodge Corner Library on January 10, 2012.

Norwegian/English Words Of the Month Contributed by Sheryl Hove of Unit 7 Group.

Semester

A semester is a term of approximately six months of classes at a school or university in Norway and in America. Semester is pronounced the same in Norwegian and English as "se mes' ter" and is from the Latin semester with semi meaning half of a year or six months. There are two semesters of 14 to 20 weeks in a school year with one semester in the autumn and one in the winter-spring. Many schools and universities have trimesters or quarters with tri meaning a third of a year or four months. Children in Norway begin learning English when they are seven years old and become proficient in English.

Ski

A ski was originally a long narrow piece of wood that was fastened to a shoe or boot. Pairs of skiis aided people in gliding over snow for work. Soon skiis were finely shaped and were used for recreation. Now skiis are made from a variety of materials and are various lengths and widths and are shaped for various styles of skiing both cross-country and downhill. The Telemark ski with a binding that fastens only at the front of the foot was developed in the Telemark area of Norway in the early 1800s. In Norwegian ski is pronounced as shee'. When saying "a ski" and "ei ski" (eye shee) it is a noun. When saying "to go skiing" and "å gå på ski" (oh goe poe shee) it is a verb. Ski jumping was a popular activity at the Lillehammer Olympics and is popular in America. See a picture, not sourced, of a runestone with a skier on page 5 of <http://en.wikipedia.org/wiki/Ski> : "The Böksta Runestone is believed to depict the Viking god Ullr with his skis and his bow".

From *Norsk Nordmenn og Norge* by Kathleen Stokker and Odd Haddal, <http://wikipedia.org> (U.S.), <http://no.wikipedia.org> (Norway), *Norwegian English Dictionary* by Einar Haugen and Webster's New World Dictionary.

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**Time sensitive material;
please deliver promptly!**



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SONS OF NORWAY
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First Lutheran Church
463 Maria Ave.
St. Paul, MN 55106
651-762-7872**



Upcoming Activities

**“Ole Oleson” Lodge Program - Jan. 8
Junior Lodge Fish Toss! - Jan. 12
Winter Carnival Parade - Jan. 26
Chili Dump and Movie - Feb. 12**

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.