

# SynNor Brevet

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**Synnøve-Nordkap**  
**Lodge #1-008**

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**October 2016**  
**Number 16:8**

**District 1 Lodge of the Year 2013 and  
Family Lodge of the Year 2006, 2008,  
2014 and 2015**

## **Lodge Genealogy Group Featured at October Meeting!**



Did you know that our Synnove-Nordkap Lodge has a highly skilled and experienced group of members that specialize in Genealogy? We do! We have a fantastic group of members that meet regularly to help one another explore family lineage to enrich our heritage, understanding, and appreciation of our Norwegian (and other!) Culture.

Come learn about the Genealogy Group and how you may get started (or re-started) in exploring your family's history. Understand the resources available to assist you and how to use them. Hear stories of successes and challenges. Learn best practices and lessons learned for this dedicated group! The program will include:

**Sue Halvorson - Introduction & easy task for identifying ancestors**  
**Dave Hegdahl - Tracing challenging ancestors**  
**Lenore Jesness - Research guidelines**

Please join us for what will surely be a valuable program and an opportunity for you or others to jump start your genealogy work!



# Scandinavian Culture and News

## By Don Halvorson Norway's Icelandic Horses

From earliest times the horse was worshipped in the Norse culture as a sign of fertility, and white horses in particular, were slaughtered at sacrificial feasts. The horse played a major part in the Norse myths, including Odin's white eight-legged mount Sleipnir. The 12<sup>th</sup> Century Book of Settlements tells of a mare called Skalm and horses appear in three of Snorre Sturlason's 13<sup>th</sup> Century Icelandic Sagas.

In 874 AD, Ingolf Arnarson became the first settler to set foot on Reykjavik's Icelandic settlement. With him were his family, their possessions and their livestock. Among his livestock was his undersized, sturdy and surefooted Norwegian horse; the animal that would prove to become an Icelandic settler's most prized possession.

Until the beginning of the 20<sup>th</sup> century, the Icelandic horse remained Iceland's only means of transportation. Bred by many as draft animals, they were prized for their stamina and endurance. They could plow a field, carry water and had more than enough strength to carry heavy goods and building materials long distances over any rough terrain. They lived outside in the elements year round and could easily endure Iceland's wide temperature and climactic changes.

Genetics trace this breed to the steppes of Mongolia. Mongolian horses originally imported from Russia by Swedish traders are believed to have contributed to the origin of the Fjord, Exmoor, Scottish Highland, Shetland, and Connemara breeds; all genetically linked to the Icelandic horse.

From 874-1300, during Iceland's medieval warming period, breeders practiced selective breeding. Horses were bred following special rules to color, physical conformity and intended form and function. Horses bred for war were often buried beside their warrior owners and stories were written about them. Stallions bred for fighting played an important entertainment role in Iceland's medieval culture.

From 1300-1900, due to gradual climactic changes, selective breeding became less important. Colder conditions led to deaths in horses and people alike. In an eight-month period during 1783 and 1784, 70% of the horse population and 25% of the human population died of volcanic acid poisoning and starvation resulting from the eruption of both the Lakagigar fissure (Craters of Laki) and nearby Grimsvötn volcano in southern Iceland. It took over 100 years for the population to rebound, and in the beginning of the 20<sup>th</sup> century selective breeding began again.

Exportation of the Icelandic horse back to Europe, particularly Scandinavia and Norway, began to take place early in the same century. Half of the horses exported are found in Germany.

If you find yourself in north Norway and want to ride an Icelandic horse, the Lofoten Islands are a beautiful place to do it. There, near Hov, a peaceful place on the outer coast of the island of Gimsøy, sits the Hov Hestegård Riding Center. Whether a beginner or experienced rider, you will be fully outfitted in riding gear and have a number of riding trips to choose from. While traveling along white sand beaches next to the sea, one might encounter Viking-age graves, landing boats and a heathen chapel.

*Icelandic Horses* Wikipedia Free Encyclopedia  
*Lofoten by Horse-Horsebackriding Horses in Lofoten*  
visitnorway.com



Synnøve-Nordkap Lodge normally meets on the 2nd Tuesday of the month, usually at 7:00 PM at Gustavus Adolphus Church  
1669 Arcade Street, Saint Paul, Minnesota 55106 (use the South entrance)

Web Page: <http://synnove1.com>

On Facebook, look for "Synnove-Nordkap"

Junior Lodge: see <https://peergyntdancers.wordpress.com>

Online photo album: <https://www.flickr.com/photos/synnor/albums>

For information, contact one of our officers. (See back cover for list.)

Sons of Norway International: <http://www.sofn.com>

# Lodge News

## Fra Presidenten

Fra presidenten

God dag, medlemer til Synnøve-Nordkap Laget! Hello, members of Synnove-Nordkap Lodge!

What a nice start to our lodge's fall season, as we met in September and heard all about microbiomes and how they affect our lives. Amy Okaya's comments about today's Norwegians and how they work on maintaining good health through diet and exercise should inspire us all to do the same. Perhaps we can earn some sports medals in the Norwegian tradition through the Sons of Norway programs which promote swimming, hiking, skiing and cycling. Check it out on the website [www.sofn.com](http://www.sofn.com)

Did you know that in 1492 Columbus was greeted by the Native-Americans when they shouted out, "God Dag! Velkommen til Amerika!" We will celebrate Leif Erikson Day with a sing-along of a song printed elsewhere in the Brevet. (Bring your copy on October 11.)

Former Synnove-Nordkap president, Len Carlson, will be here with a new video promotion to tell us about the Financial Benefits program of Sons of Norway. Len is the Director of the FB program.

Headlining the program for October will be our lodge's own genealogy group. Their presentation will give us an idea of their monthly activities, delving into the various archives of family history. This skilled group is very willing to help our members in their search of their Norwegian ancestors. You will all benefit from their presentation. A great way to verify all of those family stories.

Dear members, the Torsk and Meatball dinner is a major fundraiser for the lodge. Sign up now to help. Remember to donate items or services for the silent auction, and goods to sell on the bake sale/market. See further information in this Brevet. Please pass the lefsa.

Also, elsewhere in this newsletter is information about the lodge's Norwegian language classes. This is a good, non-threatening way to get acquainted with our ancestral language. Kan du snakke norsk?

Ha det bra! Ron

## Sunshine News

Happy 92nd birthday to Shirley Brekke. We miss her ready smile at the greeting table and hope to see her at our upcoming dinners

### 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](mailto:mbe43@q.com) and she will send a card from the lodge. Also, if your phone, e-mail, or address change, please let us know at 651-484-8872 or [dmutchler@q.com](mailto:dmutchler@q.com). - Thanks!**

# Lodge News

Board Meeting Minutes, September, 2016

Attendees: Ron and Susan Stow, Laura Sherman, Lynn Hoffmeyer, Sharon Amann, Kathy Manderscheid, Dianne Anderson, Dave and Mary Beth Mutchler, and guests Chuck and Jean Draheim.

After a warm-up discussion, we discussed the upcoming September lodge meeting. We want to have a cake to celebrate our Family Lodge of the Year awards in 2014 and 2015 from District 1. Dianne Anderson will get half sheet cakes in both white and chocolate from Costco. We have some nuts in the closet, and the Mutchlers have both nuts and mints to donate as well. Amy Okaya will bring her own laptop, and needs the projector and internet access.

Laura gave a brief Treasurer's report. We discussed the October meeting, at which the Genealogy Group will have a very nice presentation, and the Torsk and Meatball Dinner (T&M) which will be held on the 15th of the month in order to avoid MEA and Halloween. Sharon reported on the T&M meeting at Trudi's on August 24. Although the price of cod has increased, we will hold to last year's prices. Dave has sent a flyer to Rob Lubke at Gustavus Adolphus (GA); this time it will appear in their newsletter. Dave will get it on our website and that of SON, and Jana Stow will get it on both our and SON's Facebook pages. We'll change the term "Bake Sale" to "Market Place" in our future flyers. Also, October is Financial Benefits month. Lodge member Len Carlson, who heads the SON Insurance department, will give a brief presentation and video at the meeting.

We discussed the November meeting, which has been moved to November 15 (the 3rd Tuesday) to avoid election night on the 8th (Luther Hall is a polling place). For a program, we discussed having Cory Knutson (SON Foundation) or Jack Pearson (music and stories). Also, Susan has a video for Foundation which has our Peer Gynt dancers as a feature.

Susan gave a brief Junior Lodge report. This year they will focus on the Norwegian flag: its history, when it is flown, etc. They will be making flags at their first meeting in September, at which their three campers will tell about their experience at Skogfjorden. They will learn two new dances this year as well.

Kathy gave a Scholarship Coordinator's report. Unfortunately, she is resigning her position after next summer. She will be sorely missed, but is willing to train her replacement during the time she has left. Her fine work has resulted in the camp and college scholarships we have awarded, which figured into our recent awards as Family Lodge of the Year for 2014 and 2015.

Dave suggested that we charge \$10 for members who have emails to also receive a paper copy of the Brevet by US mail. After discussion, he made this a motion (Sharon 2nd); it passed unanimously.

We discussed candidates for a Nominating Committee to identify candidates for open Board positions for 2017 and beyond. Sharon will be moving up to President in January and MAF resigned as Librarian, so Vice President, Treasurer, the Directors of Scholarships and Culture, and Librarian will be open for sure.

There was a brief discussion regarding the recent International Convention at Tacoma, WA. It went very well; our representatives were Ron Stow and Lynn Hoffmeyer. Our lodge, Vennekretsen in Anoka, and Syttende Mai in Minneapolis will take leadership roles in hosting the 2018 International Convention in the Twin Cities.

Submitted by: Dave Mutchler, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, October 4 in the Board Room at the Maplewood library.

## Calendar of Coming Events

Sat. Oct. 1	<b>Genealogy group</b> See box on the right	10:00 a.m. To Noon
Tues. Oct. 4	<b>Synnøve-Nordkap Board Meeting</b> Maplewood Library Board Room (3025 Southlawn Dr.)	7:00 p.m. to 9:00 p.m.
Tues. Oct. 11	<b>Lodge Meeting - Excellent Presentation</b> by our Genealogy Group!	7:00 p.m.
Fri. Oct. 14	<b>Cooking and Set Up</b> For Torsk and Meatball Dinner	9:00 a.m. To Noon
Sat. October 15	<b>Torsk and Meatball Dinner</b> Gustavus Adolphus Lutheran Church (See details on page 6)	5:00 p.m.
Tues. Nov. 2	<b>Synnøve-Nordkap Board Meeting</b> Maplewood Library Board Room (3025 Southlawn Dr.)	7:00 p.m. To 9:00 p.m.
Tues. Nov. 16	<b>Synnove-Nordkap</b> Lodge Meeting Gustavus Adolphus Lutheran Church	7:00 p.m.

### Genealogy Group

The next Genealogy Group meeting is on Saturday, October 1. We will be discussing the recent changes in the digitized parish records in the Digitalarkivet and helping fellow group members with their research. The meeting will be at the Maplewood Library, 3025 Southlawn Dr. (W. of Maplewood Mall) from 10 am to noon. An optional lunch at a nearby restaurant will follow the meeting.

The November 5th meeting of the Genealogy Group will be at the Maplewood Library from 10 am to noon - Susan Halvorson

**Mindekirken:** Go to <http://www.mindekirken.net> for more information on activities.

**We will again be bell ringing for the Salvation Army at Byerly's in St. Paul near I-94 and Ruth Street on Saturday, December 3 from 9:00 AM to 3:00 PM. Two people are needed for each shift. Please contact Mary Beth Mutchler at 651-484-8872 or [mbe43@q.com](mailto:mbe43@q.com) to volunteer.**

**9:00-11:00 AM**  
**Clay and Char Lance**  
**11:00-1:00 PM**  
**1:00-3:00 PM**

We will be taking orders for the 2017 Paulstad Classic calendars at our October and November meetings. Cost is \$12.50 each, payable when ordering. Delivery will be at our December meeting. Think stocking stuffer! (Contact Mary Beth if unable to attend meeting.)



## Norwegian Language Classes

### Norsk Nordmenn og Norge

Class will be held on the second and fourth Wednesdays: for September the meetings will be on the 14th and the 28th from 6:30-7:45 PM at the Hayden Heights Library at White Bear & Arlington Avenues.

Interested members please contact Crystal Bloecher, 651-774-8545.

**ALL ARE WELCOME!**





**TORSK & MEATBALL DINNER, BAKE SALE  
AND SILENT AUCTION FUNDRAISER  
SATURDAY, OCTOBER 15, 2016**

Synnøve-Nordkap Sons of Norway Lodge  
Gustavus Adolphus Lutheran Church  
1669 Arcade Street; St. Paul, MN 5106

**ADVANCED RESERVATIONS ONLY**

**DUE MONDAY, OCTOBER 10, 2016**

One Seating at 5:00 PM limited seating, reserve early  
Cost: \$17.00 Adults      \$7.00 Child 6-10      Free Child 0-5

Reservations: Mary Beth Mutchler, 651-484-8872 or [mbe43@q.com](mailto:mbe43@q.com)

Non-refundable check payable to: "**Synnøve-Nordkap Lodge**"

Mail check to: Mary Beth Mutchler  
3496 Nancy Place  
Shoreview, MN 55126-8005

*Pick up tickets at door or enclose stamped self-addressed envelope with check.*

The meal consists of torsk (cod), meatballs, roasted red potatoes with dill, coleslaw, mashed rutabagas/carrots, lefse, rice pudding, cookies, coffee, and milk.

**Notes Regarding Torsk & Meatball Dinner Fundraiser**

Our annual Torsk and Meatball Dinner will be held on Saturday, October 15<sup>th</sup>, at 5:00 PM• at Gustavus Adolphus Lutheran Church.• We will also have our Silent Auction and Bake Sale.•Sign-up sheets to work and ticket sales will begin at our September meeting.

Start thinking now about how you can help and what you can donate to the silent auction and bake sale to make them a success.

Need ideas? **Silent auction:** sweaters, books, greeting cards, CD's, crafts, collectibles, Scandinavian items, bunads, 1, 2, 3 hours of yard work or housework or instruction time in Norwegian baking, genealogy, translating help. These are just a few ideas. We're sure you can come up with others. **Bake sale:** pies, cookies, bars, breads and rolls, jams, jellies, candies, pickles, Scandinavian goodies, etc.

## **Lodge Meeting September 13, 2016**

More than 60 lodge members and guests attended our September meeting at Gustavus Adolphus Lutheran Church. There were no guests besides our speaker, Amy Okaya and her husband Mike.

President Ron Stow gave his greetings to all. Jennie Read played the anthems and we did the Pledge of Allegiance.

Laura Sherman gave her Treasurer's report.

The minutes of the August Board meeting were approved as printed in the Brevet.

Ron briefly discussed both the District 1 Convention held in June in Cedar Rapids, IA and the International Convention held in Tacoma, WA in August. He thanked Susan Stow on her Junior lodge leadership as a big part of what led to our receiving awards for District 1 Family Lodge of the year for both 2014 and 2015.

We celebrated June-August birthdays and anniversaries. There were many summer birthdays; Draheims and Mutchlers celebrated summer anniversaries.

Ron previewed our October meeting, at which our own Genealogy Group will give the presentation. In addition, October is Financial Benefits month. Len Carson from SON headquarters and a member of our lodge will speak briefly and show a video. October also will celebrate the anniversary of Leif Erickson's voyage to America.

Sharon Amann told us about the upcoming Torsk and Meatball Dinner and Silent Auction/Food Market Fundraiser to be held on **Saturday, October 15**. Please note that this is only 4 days after our October lodge meeting. It is one week early this year due to MEA and Halloween. Sharon had sign-up sheets for working on Friday and Saturday for the dinner. Dave Mutchler asked for items to be delivered not later than our lodge meeting on October 11 so that he and Ron can better prepare for the Silent Auction.

Wayne Bjorum won the \$5 Door Prize and donated it to the Junior Lodge..

Amy Okaya gave a very interesting program titled "The Healthy Norwegian Gut" dealing with microbiomes and their relation to our health. It is very cutting edge information relating to current research and new understandings about how microbes affect our health. She pointed out differences in our diets and environments from Scandinavians and much of Europe. In several ways, their food and environment seems to be healthier than ours.

After her great talk, we then had refreshments including cake celebrating our summer awards!

Our thanks to Dianne Anderson, Maureen Austinson, and Pat Carlson.

Submitted by Dave Mutchler, Secretary

## **Junior Lodge Update**

Our theme for the 2016-17 year focuses on the Norwegian flag. Did you know that the Norwegian flag was designed by a member of Parliament? Fredrik Meltzer chose the Nordic cross which represents Christianity as the focus for the 1821 Norwegian flag design. After that time, the flag was only used on Norwegian ships in northern waters. What we know as the present day Norwegian flag has been used from 1899 – present.

We like to start off each year with a hands on project. This year it was painting the Norwegian flag on a clay form. Starting with the white stripe, we then painted in the red background. Adding the blue stripe was the flourishing touch. When all of this was dry, there were rectangular magnets to glue on to the back. Some of the dancers had time to paint additional flags that will be for sale at the Market at our Torsk and Meatball dinner.

## The Leif Erickson Erikson Monument Saga (to the tune of “Battle Hymn of the Republic”)

Our eyes have caught a vision of a bronze against the sky.  
Hundreds, thousands of our boys and girls will see it by and by.  
It's a figure of a Viking who set sail across the sea –  
And he went to sea to see what he could see.

(Chorus) GLORY, GLORY HALLELUJAH (X3), For he went to sea to see what he could see.

We, the boys and girls of yesterday, must never all retreat.  
It is up to us to tell the story of his valiant feat.  
'Twas 'round the year 1000 he set foot upon our shore  
When he went to sea to see what he could see.

(Chorus)

In the City of St. Paul at Rice and University –  
Facing west upon a granite block our vision came to be.  
J.K. Daniels fashioned Leif in bronze, a symbol and free  
Of Vikings who made early history.

(Chorus)

October 9<sup>th</sup> of '49 the statue was unveiled.  
As Mrs. O. I. Brack released the cord, the statue it was hailed.  
The band did play, all nations marched, and singers sang their  
best –  
And Val Bjornson said we've got the truth at last.

(Chorus)

Now Leif is in our hist'ry books, we've got him in a cast.  
We've got him on a picture-postcard that is selling fast.  
There's little left for us to do but get him on TV.....  
So all may see who went to sea to see what he could see.

(Chorus)

These are five of the original eight verses. The first two were written prior to October 9, 1949.  
The others were added for a March 3, 1956 meeting at the home of Arnold Elverum, St. Paul



Junior Lodge Members painting the Norwegian flag on a clay form.

**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, Lynn, and Dave.**

## Meet Our Member – Fred Matson



As you see in the Brevet, the October program will be presented by our lodge's genealogy group. One of the presenters will be lodge member Fred Matson, who was influenced by his father to become interested in family and community history and in genealogy. In his quest for family history, Fred has written a book about the paternal side of his family, Our Story: Helfred Matson & Mary Garson. You can check it out from our lodge library. He also has a website at [www.norhemian.com](http://www.norhemian.com)

Fred and his wife, Dianne, have two children and four grandchildren, two of whom they share with Dave and Mary Beth Mutchler. Kathy Matson is married to Collin Mutchler. It was with the encouragement of then lodge president, Mary Beth, that Fred joined Synnove-Nordkap and Sons of Norway in 2005.

According to Fred, Synnove-Nordkap is a fine lodge with fine people, "fine" being his Norwegian description of wonderful. From what he has heard from the genealogy group, read in the Brevet and through conversations with the Mutchlers, Fred feels we have a strong organization and commitment to community. As a presenter at district events, he says it is easy to see that other lodges have respect for Synnove-Nordkap Lodge.

Fred would like the lodge and Sons of Norway to consider one change, that being a change of the name to Sons and Daughters of Norway, to recognize that both sons and daughters came to America and that both male and female descendants live here today.

After graduation from the U of Minnesota and serving in the Army, Fred was working in Brainerd MN when he met Dianne who was teaching after graduating from the U of North Dakota. They are now retired and enjoy time with their grandchildren. Dianne's hobbies include quilting and reading. Fred's main hobby is genealogy and family history. At 10 o'clock on the first Saturday of most months, you can find him at the meeting of the lodge's genealogy group. He urges all lodge members to join the group as they talk, share, and struggle together to help each other find Norwegian ancestors, with the help of online technology. Thank you, Fred, for your leadership in the genealogy group.

### **Junior Lodge Update (Cont.)**

Two new dancers started in September. Netta Hillegass, 9, is an experienced dancer already. Her family moved from Washington state to transfer their Sons of Norway membership to Synnove-Nordkap. Owen Stow is our second new dancer. He has an older sister, Claudia and brother, Killian who are in Peer Gynt. Welcome to both Netta and Owen!

Our program was Mae and Nola Hovland sharing their adventures in Norway this summer with photos and stories. What a tremendous trip for the Hovlands! We were happy to hear their impressions. Josie Haugen, Liv Larsen and Claudia Stow were Skogfjorden campers this summer. Each of the girls told about camp events, foods, language lessons and music, but especially about International Day with all the language camps.

New this rehearsal was a dance called "Trans-Atlantic Mixer" in Europe, but "Paper plate Mixer" in the U. S. Apparently someone from Norway was teaching the choreography here and was asked to write out the directions. As it turned out, a paper plate was available, hence the name. It is fun to start out the year meeting new people with a mixer and also to get used to being a partner with a new person.

**Synnøve-Nordkap Lodge  
#1-008  
Sons of Norway  
1611 Hydram Av Ct N  
Oakdale, Minnesota 55128**



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**SYNNØVE-NORDKAP  
SONS OF NORWAY  
LODGE #1-008**

**Gustavus-Adolphus  
Lutheran Church  
1669 Arcade Street  
St. Paul, MN 55106**



**St. Paul, MN**

**Upcoming Activities**

**Lodge Meeting - Genealogy  
Presentation, Oct. 11**

**Torsk & Meatball, Oct. 15!**

**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.