

SynNor Brevet

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Synnøve-Nordkap
Lodge #1-008



September 2016
Number 16:7

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

It's Lodge Meeting Time Again - Join Us!
September 13 at 7:00 p.m.
Program to Feature Healthy Living!

The Healthy Norwegian Gut

In recent years, research on the human microbiome has begun to change the way we think about health. What is a microbiome and why does it matter? In this presentation, Amy Okaya will introduce us to a cutting edge area of health, including new things we're beginning to learn about diseases like diabetes, depression, and arthritis. We'll also hear about what Norwegians and other Scandinavians are doing—but we aren't—to promote healthy gut microbiomes and prevent disease.

Some of you may remember Amy. She presented a program on Nordic Walking to our Lodge some time ago. Since she last presented to the Sons of Norway in 2009, she has continued to work in the health field as a contractor for the Centers for Disease Control, Medtronic, and other organizations. She has also developed her skills as a photographer and video producer, and has made several short documentaries. The most recent has been a film called 'Where is the Water in White Bear Lake?' (available to view on YouTube) which focuses on a very local story to examine some universal water usage issues.

Currently she works at a research and development company doing research and writing. Much of her work centers around improving health and health care. To take care of her own health, she continues to practice Nordic walking, and is lucky enough to get rewarded by her employer for walking frequently during the day!



Come enjoy this informative presentation and the good company of your fellow Lodge members! If it has been awhile since you attended a Lodge meeting - we've missed you! If you are new to our Lodge - we'd love to meet you!

Summer is over! Time to get back to our Monthly Meetings and Lodge Business!
See you Soon!

Scandinavian Culture and News

By Don Halvorson

The Norwegian Home Guard

Founded at the end of 1946, the reserve Home Guard was modeled after the Norwegian resistance cells of WWII. Its main goals in times of war and crisis are to maintain local infrastructure and to carry out acts of sabotage, ambushes and guerilla warfare against the enemy.

The Home Guard (Heimevernet-HV) comprises 13 battalion strength quick response reserve forces (Rapid Reaction Forces) that are located in major municipalities throughout Norway. Each reserve unit mirrors one of the three major active duty branches of the Norwegian military. Land HV forces are patterned after light infantry support units. Naval HV forces are tasked with the surveillance, identification and monitoring of any unusual activity along the Norwegian coast. Air HV forces are tasked with securing and guarding essential installations, aiding with local military police activities and giving necessary medical aid when needed. Additionally the Home Guard, along with the King's Guard, assists in times of a disaster and were the main security force at the 1994 Olympics.

By 2014 the Home Guard numbered 45,000. Its personnel are comprised of male conscripts and female volunteers. Each reservist spends at least six months of basic training as well as additional annual training to maintain their readiness.

Every year the Home Guard does a troop exchange with the Minnesota National Guard. Home Guard troops are sent to Camp Ripley, while Minnesota soldiers are flown to Værnes Air Force Base near Trondheim. This began when Norwegian American soldiers from the 99th Battalion were sent to Norway in early 1945 to aid Norwegian resistance fighters in their effort to keep retreating German occupation forces from fleeing the country.

Today Home Guard conscription has become somewhat controversial. Many males accept their obligation of annual service, but consider it an unnecessary nuisance. Personal schedules have to be altered. Those with jobs have to ask for time off. Children are often involved. Some suggest that since Norway is an equal country, women should be conscripted as well. Others question whether conscription should continue at all.

Heimevernet/Home Guard globalsecurity.org
The Norwegian Home Guard My Little Norway, WordPress



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

Hallo kjaere medlemer! Hello dear members! Have you had a wonderful summer? I can't believe how green the lawns have stayed. It has made it easy to work in the garden. I hope you all have been able to enjoy the decent weather.

Have you been able to have a Norwegian experience this summer? Perhaps at a festival or a concert? Some of you traveled to Norway and have stories to tell. Some of you hosted friends or relatives from Norway. Others perhaps read a Norwegian novel or enjoyed traditional foods.

Some of our members represented Synnove-Nordkap at the District Convention in June. Thanks to Sharon Amann, Lowell Johnson, Dianne Anderson and Lynn Hoffmeyer for serving as delegates. It was at the convention that our lodge was named District Family Lodge of the Year for 2014 and for 2015!

Tacoma, Washington is the site of the Sons of Norway International Convention at the end of August. Members Lynn Hoffmeyer and Ron Stow are delegates representing our lodge and District One. One of the main topics of the convention will involve the recruiting and retention of membership.

I remind all of you to invite relatives, friends and acquaintances to join the fun at Synnove-Nordkap. Tell them about your own experiences with St. Paul Sons of Norway. Bring someone as a guest to our September 13th event.

It's not too soon to be thinking about the Torsk and Meatball Dinner in October. Start planning now to prepare recipes to sell at the bake sale. Search the garage, basement, attic and elsewhere for items to donate for the silent auction. See further information in the Brevet.

I look forward to seeing you at the Synnove-Nordkap event on September 13th.
Ha det bra! All the best! Ron

Sunshine News

Good news from Kathy Stevens. She is gaining strength and walking better so will not need back surgery. We wish her well and look forward to seeing her back at our lodge meetings soon.

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. Also, if your phone, e-mail, or address change, please let us know at 651-484-8872 or dmutchler@q.com.
- Thanks!

Lodge News

Board Meeting Minutes, August 3, 2016 (we met on Wednesday due to Neighborhood Night Out on Tuesday evening)

Attendees: Ron and Susan Stow, Pat Carlson, Laura Sherman, Lynn Hoffmeyer, Sharon Amann, Trudi Johnson-Richards, and Dave and Mary Beth Mutchler.

After a warm-up discussion, we discussed the upcoming September lodge meeting. Our first choice for a program would be to have Ralph Jacobson, the Two Harbors fellow who gave such a great membership talk at the 2014 district convention in Duluth. Ron will contact him to check on availability, etc. As a backup or possible November program, Dave will contact the Nordic walking lady that we had in May, 2009. Shirley Brekke, Maureen Austinson, and Dianne Anderson are signed up for treats, but we discussed whether the Board should do this, possibly with a cake to celebrate our recent Family Lodge of the Year awards at the district convention.

We discussed the October meeting, at which the Genealogy Group will have a very nice presentation, and the Torsk and Meatball Dinner which will be held on the 15th of the month in order to avoid MEA and Halloween. Trudi will check on when we could hold our Torsk & Meatball Dinner planning meeting in later August.

When discussing the November meeting, we noted that the second Tuesday, November 8, is Election Day! Dave agreed to see if GA is a polling place or if the room is open. [I've (Dave) since learned that Luther Hall is a polling place that day; the lodge meeting for November has been moved to the 3rd Tuesday, November 15].

Laura gave a brief Treasurer's report. She will be turning the reins over to Mary Beth as an interim replacement in September, with that position to be filled by a new treasurer next year. The Junior lodge turned in \$50 they earned dancing at the Norway House Plaza; that money is theirs for the future.

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, so Vice President and Treasurer will be open for sure. Ron will contact the people the Board suggested. A Motion by Sharon (Trudi second) that Lynn serve the remainder of Kathy Steven's term as Counselor, as he is a past president of a SON lodge, passed unanimously.

In discussing membership recruiting and retention, Sharon suggested that we might want to revisit doing a membership survey, like Lowell Johnson prepared a couple of years ago. Ron will check with Lowell regarding that.

There was a brief discussion regarding the recent District Convention at Cedar Rapids, IA. It suffered from lack of organization and preparation. The 2018 convention in Rochester, MN, will try to solve those problems.

Dave needs to again contact the central office regarding a better printing price for all lodges.

Ron and Lynn will be our representatives to the upcoming International Convention in Tacoma, Washington. They had a list of proposed resolutions for that meeting. We discussed the one which would increase lodge dues for all lodges to \$60 for individual membership and \$95 for families. The consensus was that this has strong potential to reduce overall membership and decrease insurance revenues, thereby defeating its purpose of increasing income to SON.

District One is submitting a bid for the hosting, with that determination to be made at the 2016 International Convention later this month in Tacoma WA. The proposed hotel is in Bloomington. Our lodge, Vennekretsen in Anoka, and Syttende Mai in Minneapolis will take leadership roles in hosting this event. Ron will represent us at an Executive Board meeting next week.

We reviewed the June picnic and Membership Recruitment dinner. There was general agreement that the picnic was a success. It seemed that everyone had a good time, the weather cooperated, and there was quite a bit of interest in kubb and in the food! As a Membership Recruitment activity, however, we feel that it is better to go back to an April Membership Dinner in the future. A motion to do so by Mary Beth (Sharon second) passed unanimously. Mary Beth suggested that Snail Lake Park might be an even better location for our picnic in the future. She will look into it.

Sharon turned in a check for \$799.15 as our lodge's portion of the now-defunct Joint Committee treasury.

Submitted by: Dave Mutchler, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, September 6 in the Board Room at the Maplewood library.

Lodge Minutes: our last meeting was the June Picnic!

Calendar of Coming Events

Tues. Sept. 6	Synnøve-Nordkap Board Meeting Maplewood Library Board Room (3025 Southlawn Dr.)	7:00 p.m. to 9:00p.m.
Mon. Sept 12	Genealogy Group Meeting (See box to the right)	7:00 p.m. to 9:00 p.m.
Tues. Sept. 13	Lodge Meeting - Gustavus Adolphus Lutheran Church	7:00 p.m.
Tues. Oct. 4	Synnøve-Nordkap Board Meeting Maplewood Library Board Room (3025 Southlawn Dr.)	7:00 p.m. to 9:00 p.m.
Tues. Oct. 11	Lodge Meeting- Excellent Presentation by our Genealogy Group!	7:00 p.m
Fri. Oct. 14	Cooking and Set Up For Torsk and Meatball Dinner	9:00 a.m. To Noon
Sat. October 15	Torsk and Meatball Dinner Gustavus Adolphus Lutheran Church (See details on page 6)	5:00 p.m.

Genealogy Group

The genealogy group meeting will be on Monday, September 12 from 7 to 9 pm at the Maplewood Library in the Community Program Room. The change of the date is due to members having conflicts with late August or the regular September meeting dates. We will be refining our presentation for the October lodge meeting

Sue Halvorson

Mindekirken Events:

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

It's not too soon to be thinking about the Torsk and Meatball Dinner in October. Start planning now to prepare recipes to sell at the bake sale. Search the garage, basement, attic and elsewhere for items to donate for the silent auction. See further information on page 6 of this Brevet!



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, 016

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

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 15th, 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.

Erna McGuire receives 45-year Membership Anniversary Pin!

45 years as a Synnøve-Nordkap member is cause for celebration! We thank our faithful lodge member, Erna McGuire, for her years of service. When most of our members would reserve places for two at the annual Torsk and Meatball dinner, Erna would bring two tables full of her guests.

Many of you will remember her poignant story which was filmed for the New Land, New Life project, when Erna shared her memories about her Mother's well-worn and well-washed apron. When times were especially rough for her family and money was hard to come by, Erna's Mother put on that apron, got out the lefse griddle and started peeling potatoes. It was the funds from the sale of the lefse that pulled the family through. Most of us were in tears by the time Erna finished her artifact story.



Susan Stow remembers Erna faithfully bringing her three red-headed grandsons to Junior Lodge. The boys weren't too sure about the Norwegian outfits of the dancing, but they turned out to be really enthusiastic kids, especially on baking day. Of course, all three volunteered to be royal tasters.

Erna loves everything about her Norwegian heritage and loves to tell others about it too. She has started an "Uff da Club" at the senior residence where she now lives. She prepares Norwegian treats for each meeting. Quite awesome for someone at the age of 93.

Tusen takk for sist, Erna!

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



2016 OFFICERS & COMMITTEE CHAIRS

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To:

Upcoming Activities

**Board Meeting, Sept. 6
Lodge Meeting, Sept. 13**

Torsk & Meatball, Oct. 15!

More Info Inside

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

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



St. Paul, MN

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.