

SynNor Brevet

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Synnøve-Nordkap
Lodge #1-008



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

March Program - "Holly Harden: A Few Thoughts on Recipes and An Ordinary Life



We're delighted to announce that author Holly Harden will join us for our March lodge meeting. Holly has been writing since the age of nine, when she jotted her first poem on the back of an A&W root beer receipt in the back seat of her grandmother's car on the way home from a funeral. And she's been writing ever since.

Holly's musings about small town life helped Garrison Keillor paint scenes for his popular MPR program, *A Prairie Home Companion*. Her most recent writings, along with lots of tasty recipes, are featured in the two books, *Good Food from Mrs. Sundberg's Kitchen* (2014) and *Recipes for Gatherings from Mrs. Sundberg's Kitchen* (2015).

Come and listen to Holly's stories about food, family and an ordinary life in small town Minnesota. She will be offering signed copies of both Mrs. Sundberg cookbooks for sale at the meeting for \$14.95 each, so come with your checkbook to take advantage of this rare opportunity. It's never too early to start stocking your gift closet and these signed books would make such thoughtful gifts – for yourself or someone else!

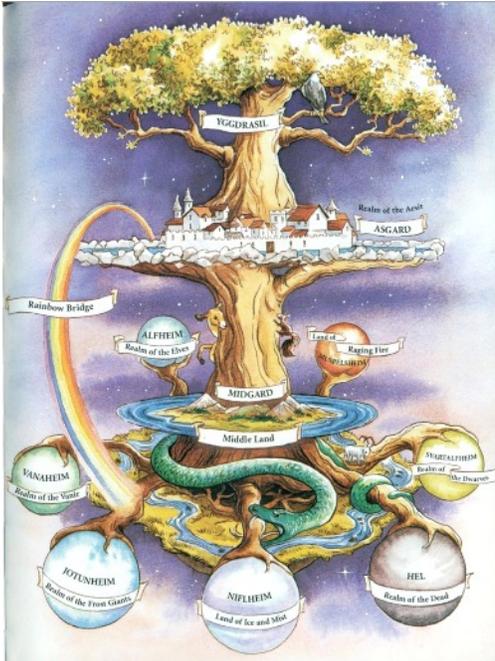
Carve Out a Little Time for This!! Nordic Cultural Skills: Figure Carving Class

The lodge is proud to offer a unique opportunity to learn this Norwegian Cultural Skill. Our Guest Instructor Jock Holmen, "The Norwegian Termite," is a professional woodcarver and gold medal winner at the Vesterheim Norwegian-American National Juried Exhibitions. The class will be held on Saturday, April 29 from 10 am to 3 pm. There are still a few spots remaining! No Cost to Synnøve-Nordkap members. \$25 for other Sons of Norway Lodges, \$40 for non-members. Includes course materials, and a Harley Refsal Carving Book. Knives will be provided for use during class. To register, please contact Ron Stow, 651-439-7255.



Scandinavian Culture and News

By Don Halvorson Norse Mythology 1: Creation



In the beginning there was only space, an endless void called Ginnungagap. Above was Niflheim, a frozen, uninhabitable region of ice. Below lay Muspell, a molten region of fire. In between, hot sparks from the south mixing with ice from the north created a gaseous moisture from which life would begin.

The first creature created was Ymir, father of the race of frost-giants. Created with him was the giant cow Audhumla, whose nourishing milk would feed Ymir. Audhumla's sustenance came from salty rime stones. By the third day, her licking had uncovered the first man, Buri. Buri married Bestla, a frost-giant's daughter, and from that marriage came three sons, the gods Odin, Vili and Ve. Once grown, the three brothers decided to kill the giant Ymir. The blood that flowed from this death was so great that it drowned all the giants except one, Bergelmir, who escaped to begin another race of giants elsewhere.

Odin and his brothers then made the world from Ymir's body. From his flesh they created the earth. From his bones they created the rocks. From his teeth and broken bones they made stones and gravel. From his spilled blood they created lakes, rivers and oceans. His skull became the sky and was held in place by four dwarfs, Nordri, Sudri,

Austri, and Vestri, representing the four directions. Finally, his brains were thrown into the air to become the clouds. The sparks from Muspell became the stars, and the three gods placed them above and below the earth, some fixed in position, and some left to move around the earth. Around the earth they placed the sea on all sides. They gave the seashore to the giants. Inland, from the eyelashes of Ymir, they created fortifications around their land to keep intruders out. Now that they had created the earth, they had to create people. A man and woman were created from two tree trunks along the seashore. They named the man Ask (ash) and the woman Embla (elm or vine). From Odin the humans received breath and life, from Vili consciousness and movement, and from Ve a face, hearing, speech and sight. In a number of early cultures, including those in Scandinavia, Britain and Germany, people believed that certain types of trees were ancient guardians and protectors of all humankind. Norsemen believed that the axis of their universe was a huge tree, Yggdrasill- the World Tree. This tree supported all the surrounding nine worlds of their existence. The tree was immortal. It was there before the beginning of the world, and would survive long after Ragnorok, the Norsemen's version of the apocalypse.

Yggdrasill was home to a number of creatures. A wise eagle sat perched on the uppermost branches, with a hawk sitting between its eyes. An enormous serpent lay coiled around the bottom of the tree, chewing on its its roots. A squirrel ran up and down the tree carrying insults between the snake and the eagle. Four stags continually nibbled on the new green leaves on the branches. Swarms of bees flew around the tree collecting the sweet dewdrops dripping from its branches. Every evening Norns, female fairies from the water well of Urd, appeared to repair the damage made that day.

Sagas of the Norsemen, Viking & German Myth. Myth and Mankind. Time Life Books, 1997.

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

Dear Members,

Happy March! In order to be inclusive, I will also wish you Happy St. Urho's Day and Happy St. Patrick's Day. As I am writing this, I really think Spring has arrived. There are only a few isolated patches of snow as I glance out the window. Walkers (with and without dogs) are out enjoying the warm, soft breezes while strolling...



We had a wonderful February meeting. The chili and its accompaniments were delicious! Mange tusen takk to everyone who contributed food, and who helped with set-up and clean-up. We need many hands to make these events seem "EFFORTLESS." I just wish more members had attended this delicious meal. I hope people are not staying away because of a misconception that this is an **over-spiced** meal that would violate a tender Scandinavian palate!

Many thanks to Susan Stow who gave us fun information with a quiz that had used with the Junior Lodge. (Maybe we Senior Lodge people need to visit the Junior Lodge on one of their Saturday meetings????). Thanks also to Lowell Johnson who did a stellar job as he facilitated an interactive survey with the Lodge members who were present. This survey is so invaluable for us to find out our Lodge's strengths and areas that may need some attention. It also gives us a chance to get to know fellow members a bit better as we glean information. We will be getting the results from Lowell after he has a chance to compile the information he received from each group that contributed.

Len Carlson, our fellow Lodge member and the Director of Financial Benefits for headquarters, introduced our new Financial Benefits Advisor, Paul Dormody and his wife, Marge. Welcome to Synnove-Nordkap! We look forward to getting to know you better.

I encourage each of you to invite friends and family who have an interest in things Scandinavian to our April Membership Dinner. Wouldn't you want these dear ones to experience the fun and fellowship we have??? Let's make this event to be the best one yet! I look forward to seeing you at our March 14th meeting. Holly Harden will be a delight as a program. Keep thinking Spring, it is just around the corner.

Blessings, Sharon

Sunshine News

Crystal Bloecher asked that this be printed in the Brevet. Sadly, she died before it was printed:

To all who sent cards, good wishes, kind thoughts and prayers, a big thank you. God bless you all..

-Crystal Bloecher

With Deepest Sympathy we must report that **Crystal Bloecher** passed away Monday, February 20, after a hard fought battle with cancer. She enjoyed teaching the language class and was involved with other lodge activities. She will be missed. Our sympathy to her family and friends. A private celebration of life to be scheduled.

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, 7 February, 2017

Attendees: Sharon Amann, Ron and Susan Stow, Lynn Hoffmeyer, Pat Carlson, Dianne Anderson, Trudi Johnson-Richards, Naomi Hagen, Dave and Mary Beth Mutchler, Laura Sherman, Chuck and Jean Draheim.

After a warm-up question, we reviewed the January meeting. Everyone felt that Dianne had an excellent idea with the book reviews. In fact, we would like to do it again next year. Sharon said that Gina had liked the meeting very much.

We previewed the February Chili Dump meeting. The food items are pretty well complete. Susan will install Chuck and Jean since they were absent in January. Susan has added more questions to the Norway quiz. Jock Holmen wants to come and have a display to promote the upcoming woodcarving class for our members. Ron asked if this was OK. Not only did we agree, but we will give Jock a bit of time to talk about it. Regarding Lowell's questionnaire, Dave suggested a question aimed at new members, but we decided it was better to call them instead. Naomi feels strongly that a phone call to new members is very important.

Naomi had prepared a good sheet summarizing our plans to date for 2017 programs. She also firmed up Holly Harden, the "Good Food from Mrs. Sundberg's Kitchen" lady, for March. The cost is \$100, and she will have her books available for sale. See the attached sheet for more information.

The carving class is scheduled for the C.S.P.S. Hall. An informational flyer will be available at the Chili Dump.

Susan gave a brief Junior Lodge report. The dancers earned \$100 for their performance at the European Market in December. The planned Sami event at the Junior lodge meeting in February is postponed, as the Minneapolis dancers are coming to that meeting.

Ron mentioned there will be a Zone 9 Leadership workshop in March. It is open to anyone on the Board, and comes highly recommended by both Sharon and Ron. Chuck indicated that Sokol Hall is a great bargain, but Ron feels that with most of Zone 9 north of us, a more central location is necessary for the workshop. Sharon had a copy of the District 1 newsletter, and will send it to all of us. Ron reported again on the preparations for a District 1 Bowling Tournament to be held at Treasure Island Casino and headed by Tolly Vollen. Ron would like our lodge to enter.

Ron gave a report on the planning to date for the International Convention, which will be at the Hyatt Regency in Bloomington. Ouselves, Vennekretsen, and Syttende Mai are the three lodges hosting this event, though we will get lots of help. There will be another meeting this Thursday evening, at which SON headquarters is expected to announce the theme for the convention. Susan is the chair of the Folk Arts committee. We are also involved in the Vendor and the Decorations committees. This event will be held in August of 2018.

The next board of directors meeting will be held at 7:00 PM on Tuesday, March 7 in the Community Program Room at the Maplewood library (the large one off the lobby).

Submitted by: Dave Mutchler, Secretary

Lodge Meeting February 14, 2017

46 members and guests attended our February 14 "Chili Dump" meeting. Sharon Amann welcomed everyone at her first full meeting as current president. She asked for new members and guests and former member Jill Storlie introduced herself and her guest Roar Moe, a Norwegian who has spoken to our lodge previously and would like to do so again in the future. After the anthems and pledge of allegiance, the minutes of the January meeting were approved as printed in the February Brevet.

Sharon then asked Len Carlson, SON Director of Agencies and a member of our lodge, to introduce our new Financial Benefits Counselor, Paul Dormody. Paul gave a nice introduction of himself and his wife Marge. He will be writing in future issues of the Brevet and is immediately available as our financial counselor. He has joined our lodge and passed out his business cards to everyone who wanted one.

Ron Stow introduced Jock Holmen, the "Norwegian termite," who will be teaching a figure carving class for lodge members on April 29 at the CSVS Hall on East 7th Street in St. Paul. There will be more information on the class in the next Brevet.

Susan Stow had put copies of a fun quiz about "How Norwegian Are You?" on the tables. She gave the answers to the questions. This quiz will be on our lodge web site shortly.

Ron also mentioned the District 1 Bowling Tournament coming up in April at Treasure Island Casino. He hopes to have a lodge bowling event in March, perhaps partially as preparation for the district event.

Sharon then adjourned the meeting and turned the program over to Lowell Johnson, who led a quality improvement survey of members to help find out what they do and don't like about the lodge and how we can do even better in the future.

We ended with some great treats from Sue Halvorson, Kathy Kaluza, and Cathie Reasoner. Mange takk!

Submitted by: Dave Mutchler, Secretary

Calendar of Coming Events

Sat. Mar. 4	Genealogy Group meeting will be at the Roseville Library	10:00AM To Noon
Tues. Mar. 7	Synnøve-Nordkap Board Meeting Maplewood Library Community Program Room	7:00 pm To 9:00 pm
Tues. Mar. 14	Synnøve-Nordkap Lodge meeting Gustavus Adolphus Luthern Church See cover for more details	7:00 pm To 9:00 pm
Sat. April. 1	Genealogy Group meeting Meeting will be at Roseville Library	10:00 AM To Noon
Tue. April 4	Synnøve-Nordkap Board Meeting Maplewood library Board room	7:00 pm To 9:00 pm
Tue. April 11	Annual Membership Dinner Start planning now! See Box at right for more information.	

Genealogy Group

The March 4 Genealogy Group meeting will be at the Roseville Library 10 AM to Noon

An optional lunch at a nearby restaurant will follow the meeting.

Our Membership Dinner is April 11, at 6:30. Magnolia's will again cater this event. The menu will be chicken Kiev, wild rice, salad, green beans w/almonds, fruit plate, beverage and dessert. Cost is \$10.00. Remember, if you bring a prospective member, both of your dinners are free. Reservations can be made at the March meeting, or by Friday, April 7.

Contact Mary Beth Mutchler at 651-484-8872 or mbe43@q.com

College scholarships available through the lodge! The deadline for application is March 15. Check out the scholarship page for information and forms. Check out the lodge's website for forms and how to send them to the scholarship coordinator Kathy Manderscheid

Found at Gustavus Adolphus Church: Jacket, olive color, plaid lining, corduroy collar. Does this belong to a member? It may have been there a while! Contact the church office at (651) 774-5954 if this jacket is yours.

Refreshments and Treats - Servers Schedule

March 14th 2017 Mary Beth Mutchler, Lisa Mutchler, Lenore Jesness
April 11th 2017 Sheryl Hove, Jacquie Carlone, Meredith Berg
May 9th 2017 Chuck & Jean Draheim

**Festival of Nations
 May 4th to 7th
 Cooking day
 Monday, May 1st, 2017**

Norwegian Language Classes - Norsk Nordmenn og Norge



Tuesday class March 14, 6:30-7:00 p.m. at Gustavus Adolphus Church before the meeting.

Norsk Nordmenn og Norge Book:

**Thursday classes March 9 & 23, 1:00-2:30 p.m. at SunRay Library
 SunRay Library, 2105 Wilson Ave., St. Paul, 55119**

(Note change from evenings to afternoon at SunRay Library) WELCOME to New Members!

Junior Lodge Update



Learning a new folk dance leads to learning about a new location in Norway. *Tre tur fra Strandvik* is a community south and east of Bergen, not all that distant from Fana, where a familiar dance of ours originated. That is the one we call the “pretzel” dance with the weaving in and out of the three dancers on either side of a square.

We hosted the Fjell og Fjord dancers from Minneapolis in anticipation of our audition for the Festival of Nations, since we dance together on stage, but do not rehearse together. After reviewing our two Festival dances, we taught their group *Olav's Skål* which we use as an audience participation number. Fjell og Fjord taught us the Strandvik figure dance.

Special Norwegian flag flying days in February are: Sami Day, on the 6th and Kong Harald's birthday, on the 21st.



Senior lodge can be very proud of the fine efforts of parents and children in the Junior Lodge getting out and about in St. Paul at the Winter Carnival Parade! The huge banner at the front of our unit proclaims the group name, St. Paul Sons of Norway and the web address of our lodge. Most of the onlookers were in front of restaurants close to Kellogg on West 7th and in front of the Landmark and Rice Park. Thanks to Mark Fjestad for the trailer and driving the suburban in the parade and to Patrick Rhone for photographing the event. Our float was colorful and different from the usual. The youngest dancers waved Norwegian flags from their Viking kick sleds on the float. Our dancers twirled their way along the route with spirit evident in these photos.

Attention: Bowlers and Non-bowlers

Join Ron Stow for a March social event of bowling. The date and site will be determined by the group. No experience necessary. Estimated cost \$12.00. 2 lines & shoes. Please call Ron Stow at 651-439-7255.





What is a Financial Benefits Counselor?

I wouldn't find it surprising that when a Sons of Norway (SofN) member first joined their lodge, they had no idea the lodge would have a Financial Benefits Counselor (FBC). And maybe when they heard that term and asked about it, they might have been told, "Oh, that's just a guy that sells insurance for Sons of Norway." But I don't think that's the real answer.

The real answer is that the Sons of Norway organization was originally formed in the Twin Cities by 18 immigrants from Norway. These individuals got together and signed a contract that said that as a group, if anything bad happens to one of us, in business or in our family, the others will pledge to be there to help that individual pull through. Now since that time, the Sons of Norway organization has become much more. It preserves Norwegian heritage, it provides philanthropic support, it offers fellowship to lodge members, and it serves the community. But it has never lost its primary focus. And that is focus is to help its members be as financially successful as possible.

My role as a Financial Benefits Counselor is to talk with members about things that are important in their lives – like their spouse, their family, their grandchildren, whether they can get a better return on their investments, whether they would like to do something special for their church, their community, for a charity, or even for the Sons of Norway as an organization. Because in the end, we're remembered for what we do for our families and for the organizations that we believe in.

Sometimes we hear so much information, it's easy to wonder what to believe. And I've found that every few years, so many changes happen in our lives, it's a good idea to take a little time just to make sure that we're on track. And, that's my job. Everyone has their own goals and dreams and everyone is trying to do the best that they can. And, to the best of my ability, I'm here to help.

Paul Dormody Financial Benefits Counselor

For the latest news about Minnesota Insurance Service Agency/MISA and Sons of Norway, be sure to follow this link -- <http://bit.ly/2jtrzRz> -- (then "LIKE") our Facebook page!

[\(651\) 731-5358](tel:6517315358) : Work

[\(651\) 305-4479](tel:6513054479) : Fax

pdormody@mwisa.com : Email

1818 Wooddale Drive, Ste 203

Woodbury, MN 55125

www.mwisa.com

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 Ken.

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



To:

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!

For More Information Contact:

Sharon Amann, President

651-631-0399 slamann@comcast.net

Chuck Draheim, Vice President

651-433-2008 cmdraheim@aol.com



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

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

Mar. 4	Genealogy Group meeting at Roseville Library	10:00 To Noon
Mar.14	Lodge Meeting Gustavus Adolphus Lutheran Church, St. Paul	7:00 pm To 9:00 pm
April 1	Genealogy Group meeting at Roseville Library	10:00 To Noon
April 4	Synnøve-Nordkap Board Meeting Maplewood Library Board Room	7:00 pm To 9:00 pm
Apr.11	Membership Dinner! Bring a Friend - Invite Guests!	6:30 PM

Norwegian Language Classes

Norsk Nordmenn og Norge

SunRay Library

2105 Wilson Ave, St. Paul

WELCOME to New Members!

651-738-4908