

SynNor Brevet

Published monthly by

**Synnøve-Nordkap
Lodge #1-008**



**July-August 2007
Number 7:7**

Voice Messages: 651-762-7872

<http://home.comcast.net/~synnove1> or <http://clik.to/synnove1>

Summer 2007



Eric and Anya Nelson and Hanna Torvi, pictured with with mentor Susan Stow, won Skogfjorden scholarships and delighted our Mid-Sommer picnic attendees with their enthusiastic songs.



Eilif Peterssen, 1852-1928 Summer Night, 1886 (Scandinavian art show in July/August)



The battle rages at Norway Day in Minnehaha Park on July 8.



The children took the stage after the Barnetog (children's parade) at Norway Day in Minnehaha Park on July 8.

Pictured above are some of our summer activities for 2007. For more details, see inside.

Scandinavian Culture and News

The History of the Sons of Norway Logo

Headquarters recently had been asked some questions about the Sons of Norway logo shield, the familiar symbol found on stickers, patches, websites and other items used throughout the organization. After doing some research and looking through old books, here's what they found.

In 1901 Sons of Norway's board of directors voted to approve an emblem to represent the fast-growing organization. This logo consisted of a tri-colored shield that was more rotund than later shields (similar to a sheriff's badge). In the top red stripe there was a symbol representing the midnight sun, while the bottom blue stripe contained the North Star. The center white stripe was reserved for the abbreviation "S. af N." for "Sønner af Norge" as the organization was then known.

That shield remained in use until a 1922 committee selected a new design. The new emblem, created by Martin J. Grindheim (then president of Nordkap 1-008) in many ways resembles the current one; a narrow shield with a Viking ship, and the North Star. However, the Viking ship is shown from a side view, and the North Star is found at the bottom of the shield.

Other differences include the letters "FBF" (Frihed, Broderkjærlighed, Fremskritt - Freedom, Brotherly Love and Progress in the Norwegian language of the time) over the ship and an American eagle perched over the top of the shield.

As early as 1914 a movement was started to include Canadian symbolism in the shield, and in 1929 another revised version of the logo was presented. The 1929 emblem is a circle containing a shield with a forward-facing Viking ship with the midnight sun behind it. Above the shield a banner appears with the initials "SN" separated by a star. On the left of the shield is an American eagle and on the right, the Canadian maple leaf. This symbol was used for many years in the masthead of the organization's newsletter and later the Viking magazine. As early as 1948 a slimmed-down version of the shield appeared on the cover of the Sons of Norway songbook, integrating "S(star)N" in the top of the shield and omitting the eagle and flag. This was widely used by the time the current headquarters building was built in 1962.

The current Sons of Norway logo includes both the shield and the words: "Sons of Norway." For more info, contact Jessica at jgleason@sofn.com.

From: SON newsletter service



1901



1922



1929



SONS OF
NORWAY

current

For those of you with PC's, there is a very nice link to pictures and music of Norway at [http://www.travelvoyeur.com/comments/simply beautiful norway/](http://www.travelvoyeur.com/comments/simply_beautiful_norway/).

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://home.comcast.net/~synnove1>> or <<http://klik.to/synnove1>>

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

Lodge News

Fra presidenten

Dear Members,

I hope you are all enjoying your summer. With the weeks flying by so quickly, it seems that once July 4th is past, Labor Day and Fall are just around the corner.

We have no regular meetings scheduled in July or August, but we do have several events planned for you. Our Radio Band will march in the Shoreview parade on Saturday morning, July 28 (see next page for details). We will also be attending the "Nordic Landscape" exhibit at the Minneapolis Institute of Arts. More information on these events can be found below and on pages 5 and 6 of this Brevet.

Stay cool!

Ha det bra!

Mary Beth

"A Mirror of Nature: Nordic Landscape Painting 1840-1910"

If you have not read about this exhibit, the Minneapolis paper reviewed it on Sunday, June 24. They called it "a splendid show from Scandinavia." It is on loan primarily from the national galleries of Denmark, Finland, Norway and Sweden. The paintings are state treasures that have rarely, if ever, left their homelands. The Minneapolis Institute of Arts is the show's only U.S. venue following presentations in Helsinki, Stockholm, and Oslo. It will travel to Copenhagen after it closes here on September 2. With a docent to offer explanations and answer questions, plus a discount on the tickets, we are indeed in for a rate treat!

See Trudi's article on page 9 for further information.

The following people have signed up for Sunday, July 22, at 1:30 PM. There are still 5 spots available for this date:

Sharon Amann	Char & Clayton Lance	Taffy Storck & 3 friends
Rod Hale	Loren & LaRee Opdahl	Axel Torvi
Linda Holmstrom	Steven Roste	Gary & Rosanna Wunrow

The following people have signed up for Wednesday, August 15, at 10:30 AM. This date is full.

Bob & Joann Berndt	Sharon Kalmes	Trudi Johnson-Richards
Craig & Beryl Boe	Ron Kvaas	Norman & Karen Vinnes + 2
Don Sue Halvorson	Dave & Mary Beth Mutchler + 1	friends
Sheryl Hove	friend	1 Vonheim member
Lenore Jesness	Jeanne Pearson	

If any of those listed for either date are unable to attend, please call Mary Beth at 651-484-8872.

Congratulations to Ryan McGuire on his achievement of Eagle Scout!

Boy Scout Troop #219, along with the McGuire family, requests your presence at a Boy Scout Court of Honor as Ryan McGuire becomes an Eagle Scout; Sunday, August 19, 2007 at 2:00 PM, Luther Memorial Church, 315 15th Ave. N., South St. Paul, MN.

A dinner reception in the church fellowship hall will follow the ceremony.

RSVP to 651-455-4557 by August 12.

Bunads welcome!

Lodge News

Synnøve-Nordkap Lodge 1-008 Board Meeting Minutes

Board Meeting Minutes, June 5, 2007

Attendees: Mary Beth and David Mutchler, Sharon Amann, Rod Hale, Sue Halvorson, Trudi Johnson-Richards, Sharon Kalmes, LaRee and Loren Opdahl, Axel Torvi.

Old Business:

The By-Laws Committee has not met yet. The cooking cultural skills needs to have forms filled out in order to be completed.

New Business

Axel Torvi presented the lodge with a memorial in honor of his wife Roxanna to be used for scholarships. Ruth Gibson also presented the lodge with a memorial in honor of Roxanna. After discussion, it was determined to buy Norwegian books for the library of our adopted school North Heights. Planning and setup for the Mid-Summer Picnic were finalized. There are additional places for the guided tours of the Nordic art exhibit at the Minneapolis Institute of Arts. Participation in the Slice of Shoreview Parade with the radio band was discussed. July 8 is the 75th anniversary of Norway Day. Consideration is being given for our lodge to attend as a group. We are also going to look into participating in a Heritage event at the Metrodome before a Twins game on July 18. Newsletter dead lines will be the 15th of the month. If at all possible contributions should be submitted via email. Sunshine needs to be revisited. Sharon Kalmes suggested the formation of a book club with a Scandinavian theme.

Submitted by Sue Halvorsen, Assistant Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, August 7 at the Roseville Library, Hamline and County Road B.

Synnøve-Nordkap Lodge 1-008 Lodge Meeting Minutes

Lodge Meeting Minutes, June 19, 2007

On June 19, 2007 we gathered at Island Lake Park in Shoreview for our annual Mid-Summer Picnic and Potluck supper. About 75 Lodge Members and guests, including three ladies from the Isle, Minnesota lodge and two visitors from Norway, participated by bringing a wide variety of good food which we thoroughly enjoyed eating. We also had brats grilled by Clayton Lance, with help from Andy Urness.

After supper we joined hands and danced around the Maypole. This celebration was done in Viking times to pray for fertility. It was a magical time--a celebration of going from darkness to light, on the longest day of the year, June 21.

In a brief meeting President Mary Beth Mutchler announced the scholarship winners. They are Craig Hanson and Jennifer Urban. Both were present, and thanked the lodge for its support.

The three winners of the Camp Skogfjorgen scholarships were present and they performed some of the songs they learned at camp this year. They are Hannah Torvi and Eric and Anya Nelson. We were delighted with their enthusiasm. Claire Keller, another scholarship winner, was unable to attend the picnic but will be a 2-week camper at Skogfjorden, her eighth year there.

June birthdays were celebrated by Rebecca Urban, Dave Mutchler, Len Carlson, Gene Hanson and Sherry Miller. June anniversaries were celebrated by Sharon Amann, Len & Kathy Carlson, Loren & LaRee Opdal, Clayton & Char Lance, Gary & Rosanna Wunrow, Greg & Jan Hoveland, Andy & Jane Urness, and Norm & Karen Vinnes.

The field trip to the Minneapolis Institute of Arts needs more people, so sign up now if you plan on going.

The plans for practicing for the Radio Band marching in the Shoreview Parade couldn't be carried out due to a technical difficulty. Further information on this will be in the July Brevet.

It was a very good time for everyone who attended the picnic either by playing Kubb, visiting with friends, dancing around the Maypole or making a s'more.

Submitted by Bev Dougherty, Secretary

Calendar of Coming Events

Our Junior Lodge Peer Gynt Dancers are taking a summer break and will meet again in the Fall, though some will be in the "Slice of Shoreview" parade on July 28

<u>Sunday</u> July 8	<u>75th Annual NORWAY DAY</u> All day event for the Norwegian-American Community at Minnehaha Park in Mpls. near Highway 55 & Minnehaha Pkwy. A Barnetog, a children's parade, begins at noon. Ethnic Norwegian and American foods will be available for purchase. Entertainment includes the Nordkap Male Chorus & the Norwegian Glee Club. Crafts, exhibits and ethnic musicians and dancers will perform all day.	Begins with Worship service at 10:30 AM
(Sorry for the late notice on this—you missed a VERY hot day!)		
<u>Sunday</u> July 22	<u>Synnøve-Nordkap at the Minneapolis Institute of Arts</u> "A Mirror of Nature: Nordic Landscape Painting 1840-1910" Reservations required. Call Mary Beth	Tour begins at 1:30 PM (5 spots still available)
<u>Saturday</u> July 28	<u>Slice of Shoreview Parade</u> Synnøve-Nordkap "Radio Band" performing Bring your portable FM radio & Lodge T-shirt Meet at Mutchler's at 8:30 for breakfast.	Breakfast at 8:30 AM Line up at 9:30 AM
Next Meeting: <u>August 7</u>	<u>Synnøve-Nordkap Board Meeting</u> Roseville Library No board or lodge meeting in July	7:00 PM
<u>Wednesday</u> August 15	<u>Synnøve-Nordkap at the Minneapolis Institute of Arts</u> "A Mirror of Nature: Nordic Landscape Painting 1840-1910." (This session is full.)	Tour begins at 10:30 AM
<u>Tuesday</u> August 21	<u>Torsk & Meatball Dinner Meeting</u> Held at Mutchler's; All interested are welcome	7:00 PM
<u>Tuesday</u> September 11	<u>Synnøve-Nordkap Lodge & Social Event</u> Welcome Back Fall Meeting: Program: Scandinavian songs and humor, with Tim Dahl	7:00 PM
<u>Tuesday</u> October 9	<u>Synnøve-Nordkap Lodge & Social Event</u> Program: Norwegian "Antique Road Show" MaryJo Thorsheim, Norway Art owner/manager	7:00 PM
<u>Saturday</u> October 27	<u>Synnøve-Nordkap Annual Torsk and Meatball Dinner</u> Plan ahead - mark your calendars	Seatings 4:30 & 6:00

"Polar Norway" at History Center
Opening June 1 through Aug. 26
"Polar Norway," an exhibition at the History Center, highlights aspects of Norway's activities in the Arctic and Antarctic, reflecting how these activities have shaped contemporary Norway. This exhibit is part of the "Nordic Summer" celebration of cultures taking place at various venues in the Twin Cities this summer. Visit: www.minneapolis.org/nordicsummer

"Remedies and Rituals"
with Kathleen Stokker
Tuesday, July 10, 10:30 AM
Program at Minnesota History Center
In her new book, "Remedies and Rituals: Folk Medicine in Norway and the New Land," Kathleen Stokker brings to life the surprising personalities and life stories of colorful 19th century self-trained healers who risked their lives and dodged harsh criminal laws championed by formally trained doctors, by drawing on ancient written and oral sources for treating all kinds of ills. Call: 651-259-3015 to register (a must)

Nordic Summer Opportunities
July 11 & August 8 - Nordic Treasures
Tour of the Minnesota Historical Society
July 21 & August 11 - Metro Connections
Swedish Heritage Tour to Chicago City and Lindstrom.
July 13 - Minnesota Orchestra's Macy's Day of Music - "Tribute to Nordic Nature" conducted by Osmo Vanska.
July 31 - Minnesota Historical Society Nordic Mid-Summer Eve Family Fest.

Sunday - October 7 - October 14
Leiv Eriksson International Festival
Begins with Pan-Nordic church service at 11:00 AM complete with flag procession and readings in all 5 Nordic languages. More information to follow
Mindekirken, the Norwegian Memorial Church,
924 E. 21st St, Minneapolis

Synnøve-Nordkap Norwegian Language Classes:

There will be no classes during the summer
Classes begin again in the September

For information, contact class co-facilitators:
Sheryl Hove 651-738-4908 or Crystal Bloecher 651-774-8545

Upcoming Lodge Activities and Events

“Slice of Shoreview” Parade with lodge “radio band” on Saturday, July 28

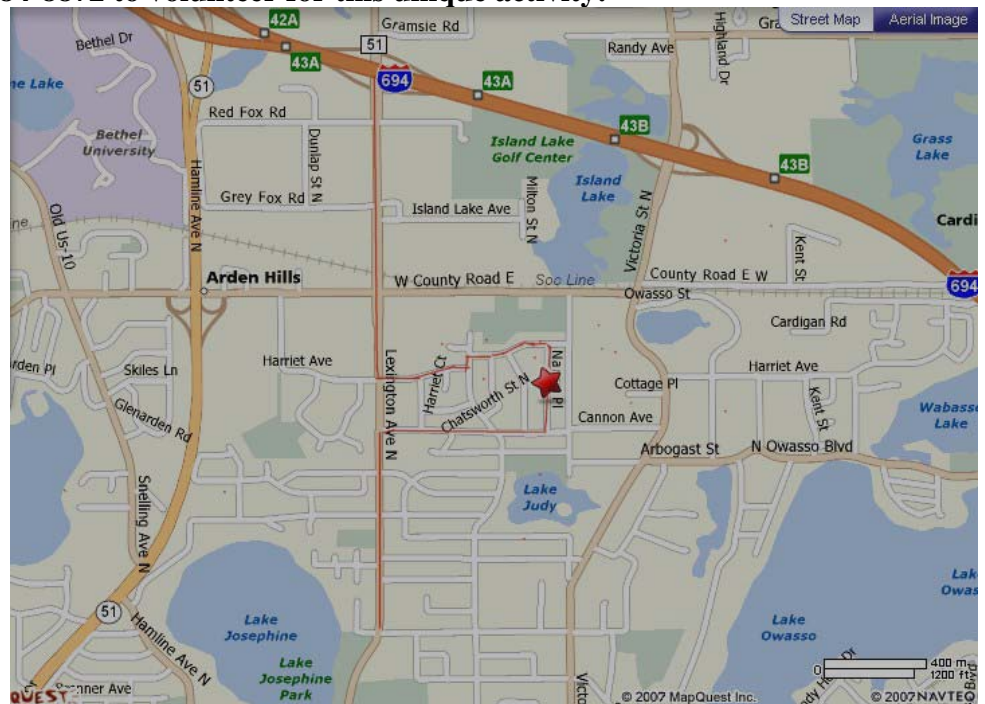
- Meet for breakfast and directions at Dave & Mary Beth Mutchler’s house at 8:30 AM (map below). We could use juice, muffins or coffee cake, etc. An egg dish and coffee will be provided.
- There will be no more practices, just a quick run-through after breakfast. We line up for parade at 9:30 AM just back of Mutchler’s house on Vivian Avenue.
- Parade begins at 10:00 AM, goes about 6 blocks, and lasts about 30-45 minutes, finishing at Island Lake Park (about ½ mile from our house).
- Wear lodge T-shirt or bunad or blue T-shirt or red or white T-shirt (we have lodge T-shirts for sale at very reasonable prices).
- We still need more people to march, and to bring battery-powered radios. We also need another one or two wagons for large equipment, candy, etc., and two flag bearers to carry the lodge banner. If anyone has a car or boat battery that we could borrow, that is needed too.
- We especially need more young people, and a couple of kids to toss out the candy. This is very important, as we wish to feature our younger members so we don’t look too old and stodgy, but many of our younger members will be out of the area on that day.
- Some of the dancers will be participating, and the lodge sound system and a couple of very large “boom boxes” will lead the music, but small radios are needed too. There will be only two lively songs, played over and over as we march along. We’ll be broadcasting on 92.8 FM, an unused radio band.
- After the parade there will be many activities at Island Lake Park for those who wish to participate in the festival celebrating Shoreview’s 50th anniversary this year, including rides and carnival games.
- The marchers need only carry a radio and a small flag and walk slowly along. (Even if your radio does not pick up our broadcast, there will be so much loud music that no one will know the difference, so just turn it off and keep walking and smiling.)
- This is going to be worth seeing, so even if you can’t march with us, come and join the fun!
- Call Dave or Mary Beth at 651-484-8872 to volunteer for this unique activity!

3496 Nancy Place (see star in middle)

If you come from the North, do NOT take the Victoria exit (it may be closed, as it’s on the parade route). Take exit 42A, and follow Lexington south past County Road E. Turn left on Harriet, jog slightly left to stay on Harriet and follow it to Nancy Place, where a flag will mark our house.

From the south, come north on Lexington to Cannon (Presbyterian Church of the Way and Lexington Floral are on the corner), turn right and follow Cannon about 6 blocks to Nancy Place. Turn left and proceed to the Norwegian flag.

(Routes are drawn light red on map.)



With Our Members

By M. B. Mutchler

We extend our sympathy to the family and friends of Harry Hoidahl, who passed away on June 26. His funeral was July 2 at Grace Lutheran Church, St. Paul.

Thank you to Axel Torvi for giving Synnøve-Nordkap \$200; money given as memorials in memory of his wife, Roxanna,. This gift will be used for Skogfjorden scholarships.

Thank you to Ruth Gibson for her \$25 donation to Synnøve-Nordkap in memory of Roxanna Torvi. This money will be used to purchase Norwegian story books for our adopted school.

Congratulations to Sverre Kvenild on his 90th birthday. Keep dancing, Sverre!

Erv Tanning broke his leg on May 4. I talked to his wife, Betty, on July 9. She was happy to report that Erv is back home, that his leg has healed nicely, and that he is now able to put weight on it. He is learning to walk with a walker and has surprised everyone with how well he is doing. Erv will be 91 years old in August. Keep up the good work--and best wishes to you both!

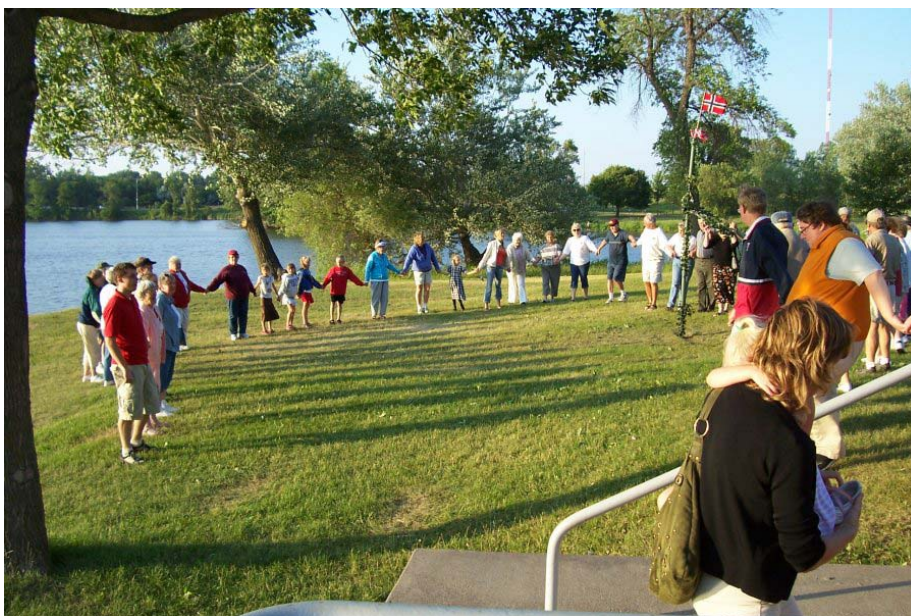
Our sympathy to Linda Bjornson, Catherine Bell, and Theresa Pederson on the death of their mother, former member Lois Pederson. Her ready enthusiasm and her willingness to help will be remembered. May she rest in peace.



Anya and Eric Nelson, and Hanna Torvi, our Camp Skogfjorden scholarship winners, entertained the lodge at our Mid-Summer picnic.



Jennifer Urban and Craig Hanson, our college scholarship winners, thanking the lodge at our Mid-Summer picnic celebration.



Craig Hanson led the lodge in gathering around the May Pole to celebrate Mid-Sommer at our June celebration at Island Lake Park.

The Local Scene

USA Cup Soccer

The USA Cup is taking place in July. Volunteers of all ages, in bunads, Lodge t-shirts or not, are needed to participate in a very short parade.

Monday, July 16, from 6:15 PM to approx. 7:00 PM at the Blaine National Sports Center. Contact LaDonn Jonsen, at Sons of Norway headquarters, 612-827-3611.

Sons of Norway is the founder of the USA Cup, the largest youth soccer tournament in the US. Therefore, Sons of Norway members lead off the parade, followed by all the participating athletes. This is a great event to get exposure for the lodge, and is a major youth soccer tournament.

This tournament is very much worth seeing!

ENJOY THE SCANDINAVIAN PICNIC ON JULY 21

It's time again for the Annual Scandinavian Picnic for Sons of Norway members and their friends. Members of the Swedish Club and the Danish Club are all invited. Vennelag 546 will show their Scandinavian friends some Norwegian hospitality and a good time will be had by all.

The Scandinavian Picnic will be held on Saturday, July 21 at the National Scenic Waterway Park on the Minnesota side of the St. Croix River just west of Osceola. Coming from the east, take Highway 243 west out of Osceola, cross the St. Croix River and the park is south of the road. From the west, take Highway 95 to Highway 243 and go east toward Osceola. The park is on the right, just before you would cross the river. The picnic will be in the shelter at the far end or south end of the park.

The picnic will start at 11:00 A.M., with food served at noon. Bring along a table cloth, your eating utensils, a lawn chair if you like, and a dish to share for the potluck picnic. Vennelag 546 will furnish beverages. Uff Da Bingo is the game of the day! For prizes bring along five food items that can be consumed at home. Food items could be from your garden or something from the grocery store. You may win some interesting foods if you can say Uff Da.

If you're Norwegian, Swedish, or Danish, if you just know one, or wish you were one, don't miss this fun day at the Scandinavian Picnic. Come to the river and get acquainted. Rain or shine we'll have our Annual Scandinavian Picnic because we'll be under cover at a picnic shelter.

Ole wears dark glasses around the house, explaining that it bothers him to see Lena work so hard.

We have an opportunity to join Draxton Lodge for a **St Paul Saints game on August 17**. The cost is \$11 (tickets are \$10 plus \$1 for the tailgating area).

Game time is 7:05PM, and they usually start tailgating a couple of hours before then. Draxton will have a Sons of Norway banner so they will be easy to find in the parking lot.

Everyone needs to bring the food and beverages he/she wants. There will be a grill. Also bring your own chair. **Reservations by July 17.**

Please send a check made out to the Joint Committee to Louise Bakken, 1711 Winnetka Ave. N., Golden Valley, MN 55427.

This should be a great time

First District Viking Youth Day

Be a Viking for a Day

August 18, 2007 from 10:00 AM - 4:00 PM

Registration begins at 9:00 AM at the Danish American Center, 3030 W. River Parkway, Mpls. Rain or shine.

Children, Grandchildren, 5 to 15, and guests of Sons of Norway members, accompanied by an adult member of Sons of Norway, are invited to Viking Youth Day.

Some of the activities are ax throwing, making a money pouch or jewelry, playing board games, balance beam.

Please RSVP to Gary Anderson, 952-448-5966.

Bygdelag Schedule

Bygdelags are organizations comprised of descendants of emigrants from Norway. Every Lag seeks to preserve the traditions of its origin in Norway.

Tre Lag, (Gudbrandsdalslaget, Tronderla, Nord Hedmark og Hedemarken) August 1-4, 2007, at Stoney Creek Inn and Conference Center, 3060 S Kinney Coulee Rd, Onalaska, WI.

Sognefjord Lag, August 16-18, 2007 in Decorah, IA. Contact Kathy Johnson, 608-238-1785.

Opsdalslag, September 8-9, 2007 at Scandia Lutheran Church in Centerville, SD.

Solor Lag, September 12-15, 2007 at The Plaza Hotel & Suites, Eau Claire, WI

Nordfjord, September 16, 2007 at Green Lake Bible Camp, Spicer, MN.

Romerikslag, September 20-22, 2007 at Stoney Creek Inn, 3060 S Kinney Coulee Rd, Onalaska, WI.

This and That

The Corner Library

by Trudi Johnson-Richards

Celebrate Nordic Summer at the Minneapolis Institute of Arts. Imagine this...seeing all the very best landscape paintings from national galleries and private collections across Scandinavia in one afternoon. ***A Mirror of Nature: Nordic Landscape Painting, 1840-1910, opens June 24-September 2, 2007.*** This exhibition is organized by the National Nordic Galleries.

The works included in the exhibition are grouped thematically under five headings: *Nordic Sublime, Close to Nature, In the Open Air, Evocative Landscape* and *Landscapes of the Mind*. Landscape painting assumed particular importance around the middle of the nineteenth century, when landscape subjects became crucial symbols in the Nordic countries' search for national identity.

A Mirror of Nature is a collaborative venture of the Nordic national galleries in Helsinki, Stockholm, Copenhagen and Oslo. Minneapolis, Minnesota is the exclusive U.S. venue to present a major special exhibition of Nordic landscape paintings.

The exhibition features 107 paintings by sixty-five artists, ranging from recognizable names such as Edvard Munch and Harald Sohlberg to the obscure and surprising August Strindberg. Other leading artists are Vilhelm Hammershoi, Carl Larsson, Akseli Gallen-Kallela, Eero Jarnfelt and Fanny Churberg.

Look for these special oil on canvas paintings by Norwegian artists: *Night Glow*, Harald Sohlberg, 1893; *Summer Night*, Eilif Peterssen, 1886; *The Jostedal Glacier*, Peder Balke, 1840's; *Stetind in Fog*, Peder Balke, 1864 and *Moonlight*, Edvard Munch, 1895.

A fully illustrated color catalog accompanies this exhibition. "**Mirror of Nature: Nordic Landscape Painting 1840-1910**" is published by the States Museum for Kunst on behalf of the National Nordic Galleries. The catalog is available for \$49.94 at the Minneapolis Institute of Arts Museum Shop. This hardcover catalog (English translation) follows the development of Nordic landscape painting from the early 19th century to the decades surrounding the beginning of the 20th century.

The Synnove-Nordkap Lodge has two groups attending this exhibition on Sunday, July 22 at 1:00 p.m. and Wednesday, August 15 at 10:30 a.m.—sorry, no openings available. Call the Minneapolis Institute of Arts, 2400 3rd Avenue South, Minneapolis, 612-870-3000, for ticket information.

Look for SynNor Brevet September issue: How was the Sons of Norway Organized.

4493 Evergreen Drive
St. Paul, MN 55127

 **SONS OF NORWAY**

Greg Hovland
Field Staff Representative
MN Lic. #46818

Business: (651) 429-2304
Fax: (651) 429-2365
E-mail: ltcfinancial@msn.com

www.sonsofnorway.com



Golf Outing

August 26, 2007

Parkview Golf Club

1310 Cliff Rd, Eagan, MN 55123

Start time is 12:30PM

9 Holes

This is an executive course, par 63, with 10 par 3's and one par 5.

Cost: \$17, cart is extra

A picnic will follow in the club house, serving KFC chicken for \$5

Reservations to Bob Hagen by August 15th - (952) 920-2602

Norwegian Oatmeal Cookies

¾ c butter

1/3 c sugar

5 c quick oatmeal

½ tsp salt

1 Tbsp baking powder

1 c Half & Half

1 c flour to roll in.

Combine ingredients and roll small portions of dough thinly. Cut into circles and bake at 350' for 10 min. or until golden brown.

After cutting add remaining dough to fresh dough and repeat process.

Served best with butter and gjetost or lingonberry jam.

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

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

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	Linda Holmstrom	770-8989
TARGET GROUP 30-55	Eivind Heiberg	(763) 541-9122

(All area codes are 651 unless otherwise specified).

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



Upcoming Activities

**"Slice of Shoreview" parade on July 28
Nordic Landscape Painting tour: 7/22 or 8/15
Welcome back meeting on Tues. 9/11**

More Info Inside

The Mission of Synnøve-Nordkap is to promote, preserve and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic countries while growing soundly as a fraternal benefit society and offering maximum benefits to its members. Visitors and new members are always welcomed.