

SynNor Brevet

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Synnøve-Nordkap

Lodge #1-008

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



October 2010

Number 10:9

Voice Messages: 651-762-7872



Join us on Tuesday, October 12 when Peggy Larson presents “Sing til the Cows Come Home,” a performance and lecture about Norwegian herding calls. This program was given at the Syttende Mai Society last year to rave reviews from those who attended.

Peggy studied the vocal technique of Norwegian herding calls for her Master’s thesis. In 2007 she and her husband traveled to Norway and interviewed singers and farmers, visited the folk archives and collected melodies and stories about kulokk. This lecture/performance includes much of the information she has gathered. She sings and tells of the many facets of this ancient musical tradition and also includes other melodies from several counties in Norway.

Peggy Larson is a jazz singer with special skills in improvisation and choral directing. She lived in Holland for many years, where she is well known as a leader in choral music, and as a singer of contemporary jazz. Here in the US, she teaches at McNally-Smith College of Music in St. Paul among her other pursuits.

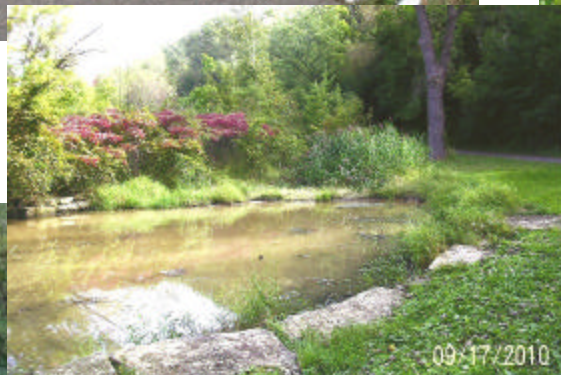
Scandinavian Culture and News

Swede Hollow Tour

This month we got right into history and culture with a tour of Swede Hollow on Saturday, September 18. Led by Karin DuPaul of the Friends of Swede Hollow, twenty-six of us met on a cool but sunny morning. Karin had many stories and pictures of Swede Hollow as it was when it was settled by many different ethnic groups.

Among the earliest inhabitants to settle permanently in the isolated spot were Swedish immigrants. First arriving in the 1850s, they gave their new home the name "Svenska Dalen," a title (or, rather, its English translation) which remained long after the original settlers had moved on, to be replaced by a wave of Italian immigrants in the early twentieth century. At the time of the neighborhood's demise in the mid-fifties, it had attracted a collection of Mexican families as well.

The pictures below are from the tour, which was followed by lunch or treats at the Swede Hollow Cafe. We thank Bev Dougherty for some of these pictures, including the beautiful pond scene. See the pictures in color on our website, <http://synnove1.com> in the Recent Newsletters section.



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

Dear Members,

The Swede Hollow Walk on Saturday, September 18th, was such a great time! We could not have ordered better weather—crisp yet sunny, and just a hint of a breeze—the perfect fall day. Karin DuPaul had an abundance of knowledge and pictures to share as 26 of us walked and visited. As soon as we arrived “down in the hollow” it was as though we were miles away from any urban setting. After our thoroughly enjoyable walk, we gathered at the Swede Hollow Cafe to enjoy the goodies for which they are famous. I can personally affirm that their caramel rolls are super!

I am looking forward to a large turnout at the Torsk & Meatball Dinner on Saturday, October 23rd. Start inviting friends and family to savor our delicious meal. Don't forget to sign up to help in some way. This is a fund raiser and the monies earned help us to have fun as well as give away scholarships. What can be better than food, friends, and fun?

I also want to express my appreciation for the many cards, encouragement, hugs, and sympathy that have been offered by so many of you since the death of my husband. Our family has been so overwhelmed by the number of people who have been upholding us with caring and prayer. Thank you from our extended family.

Blessings,
Sharon

Please call July Cullen, our Sunshine person, at 771-9891 if you know of anyone in our lodge who is recovering from surgery, illness, or is just in need of some cheer and support.

Don't forget the Food Shelf at First Lutheran. Items can be left outside the door marked Food Shelf in the room in which we meet. And remember our pet friends too with your donation!

Torsk and Meatball Dinner and Fundraiser

Our annual dinner and fundraiser is coming up on Saturday, October 23. See page 6 for more details.

There will again be a Silent Auction on that evening. New this year will be a Bake Sale for homemade goods including bakery, jam and jelly, pickles, etc. So it's time to round up items for donation, or to think about providing something for the bake sale. Or provide a dinner or translation or genealogy help. Anything that you donate is tax deductible and helps our lodge continue to put on good programs, spread Norwegian and Scandinavian culture, support our Junior Lodge, and give scholarships.

There is still a need for helpers on both Friday and Saturday, as well as volunteers to make krumkake for dessert. There is still time to sign up at the October meeting.

Lodge News

Board Meeting Minutes, September 7, 2010

There were 8 Attendees: Sharon Amann, Sue Halvorson, Trudi Johnson-Richards, Mary Beth and David Mutchler, Kathy Stevens, and Ron and Susan Stow.

Old Business

Plans for the September meeting were reviewed. The Swede Hollow walk is on September 18. The Torsk and Meatball Dinner planning meeting held in August was recapped. Kathy Stevens brought samples of lefse made by Lefse Lenny for the board to taste. It was decided to use it for the dinner.

New Business

We will begin selling calendars at the September lodge meeting. Sharon Kalmes has agreed to chair the Julebord again this year. Suggestions for the program at the Julebord were made. Suggestions for programs in 2011 were also entertained.

Other Business

Tentative openings for lodge officers and committee chairs for 2011 were noted and suggestions were made for members to fill the vacant positions. It was decided to make a donation to the Sons of Norway Foundation in honor of lodge members that have passed away during the previous year.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, October 5 at the Maplewood Library, 3025 Southlawn Dr. (W. side of Maplewood Mall) in the community program room.

Lodge Meeting Minutes, September 14, 2010

70 lodge members and guests attended the September lodge meeting. Our visitors were Bruce Smith, Andy Chrissis, Char Kobernick and Joan Dreyer.

The minutes were approved as printed in the Brevet. Mary Beth Mutchler gave the treasurer's report. She announced that a donation had been made to the Sons of Norway Foundation in honor of the three golden lodge members that passed away over the summer; Owen Engen, Erv Tanning and Mildred Stanke.

Ron Stow gave a brief statement about his and Susan's serving as delegates to the International Convention. He directed members to a display for further information.

Signup sheets were available for helping at the Torsk and Meatball Dinner and to donate items for the silent auction. Baked goods are needed for the baked sale. Mary Beth is selling tickets to the dinner.

Sharon Kalmes is chairing the Julebord in December and needs people to serve on a committee to help.

Kathy Stevens presented Joanne Nordale with a specialist pin which she earned for completing parts 1, 2, and 3 of the genealogy cultural skills packet.

The board is looking for program ideas for 2011. Please contact a board member if you have any suggestions.

Taffy Storck donated a framed needlework of the lodge's logo to the lodge. She won a second place prize at the District Convention for her work.

September birthdays are being celebrated by Pat Carlson, Taffy Storck, Maf Berg, Andy Urness, Dana Carlson and Shirley Brekke. Jean Verner and Chuck Draheim will be celebrating a September anniversary in the future as they are being married on the 17th of September. JoAnn Hogenson won the door prize.

Bob Smith introduced our speaker Pat Hill who gave us an interesting and in depth look at the Swedes and Norwegians from Minnesota that served in the Civil War.

Thank you to Susan Stow, Linda Erickson, Laura Sherman, Judy Cullen, and Lyle and Eunice Baker for the delicious treats.

Submitted by Sue Halvorson, Secretary

Calendar of Coming Events

Tuesday October 5	<u>Synnøve-Nordkap Board Meeting</u> Maplewood Library conference room; 3025 South-lawn Dr. (W side Maplewood Mall)	7:00 PM to 9:00 PM
Tuesday October 12	<u>Synnove-Nordkap Social Event</u> Peggy Larson: "Sing til the Cows Come Home," a performance and lecture about Norwegian Herding calls. See cover for more information.	7:00 PM
Saturday Oct. 23	<u>Annual Torsk & Meatball Dinner and Fundraiser</u> Again this year there will be a silent auction, so plan to get items or pictures to Dave Mutchler ASAP!	5:00 PM Single Seating
Fri. & Sat. Oct. 15-16	<u>Scandinavian Food Fest at Bethel Lutheran Church</u> in Hudson, WI See advertisement on page 8 for more information.	10:00 AM to 2:00 PM
Saturday Oct. 30	<u>Summit Avenue Walk</u> See box at right for more information.	10:00 AM
Tuesday Nov. 2	<u>Synnøve-Nordkap Board Meeting</u> Shoreview Library conference room; 4570 N. Victoria Street, Shoreview MN (just N of Hwy 96) <u>NOTE CHANGE OF VENUE DUE TO ELECTIONS!</u>	7:00 PM to 9:00 PM
Tuesday Nov. 9	<u>Synnove-Nordkap Social Event</u> Darby Nelson: "Kayaking Arctic Norway" See and hear about the trip he and his wife took.	7:00 PM
Tuesday Dec. 14	<u>Synnove-Nordkap Social Event</u> Juleboard	

Fall Events/Activities:

2010 Leiv Eriksson Festival Sept. 25 to Oct. 12

Including these performances:
10-1-10, 7:30 PM: Voyage en Scandinavie (French songs by Scandinavian composers)

10-10-10, 4:00 PM: Christian Ihle Hadland, Norway's premier pianist

10-8-10, 7:30 PM Film evening – Free
– Smiles of a Summer Night (Sommarnattens leende) directed by Ingmar Bergman.

More info: www.Mindekirken.org

Ingebretsen's 612-729-9333

Oct. 19 or Nov. 16: Lefse making, \$30

Oct. 16: Chip carving, \$40

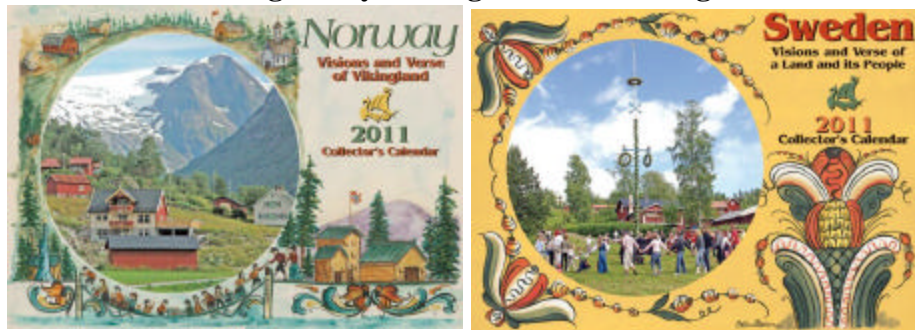
Oct. 11,18 & 25: Runes, \$40

Nov. 29: Introduction to Völva Stav Performance & Workshop, \$20

4th Sunday Scandinavian Dance.
Twin Cities Friends' Meeting Hall,
1725 Grand Ave, St. Paul, MN.
6:00 to 9:00 PM.

Order Your 2010 Norwegian or Swedish Calendar

These calendars will be on sale at our September and October meetings. They are the same as those sold by Ingebretsens and other Scandinavian gift shops. Cost is \$12.50 each, due at time of ordering. They make great Christmas gifts!



Summit walk on Sat. Oct. 30

Meet at the intersection of Summit and Dale and see historic mansions. Prowl around Summit Hill, looking at, among other things, houses associated with F. Scott Fitzgerald and Sinclair Lewis and the prior home of St. Paul Academy.

A coffee/snack stop will be included.

Contact Rod Hale 651-484-636-4284
roderickhale@gmail.com

Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meetings. Future date: Oct. 12: Lesson 12 & 13.
- (2) "Norsk Nordmenn og Norge" Class 6:30-8:00 PM Thursdays, 1/month. Sun Ray Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St. Oct. 14, Chapter 20, page 320. Future dates: Nov. 11 & Dec. 16

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

New participants are invited to join the classes.

International Vinland Seminar Chicago, IL October 15-17

International speakers centering on the Vinland site in Canada and cultural events the whole weekend in Chicago.

Info: www.vinlandseminar.com

Lodge Activities



TORSK & MEATBALL DINNER AND SILENT AUCTION FUNDRAISER SATURDAY, OCTOBER 23, 2010

Synnøve-Nordkap Sons of Norway Lodge
First Lutheran Church, Norelius Hall
463 Maria Avenue at 8th Street East
St. Paul, Minnesota
(map at website) <http://synnovel.com>

**ADVANCED RESERVATIONS ONLY
DUE FRIDAY, OCTOBER 14, 2010**

After October 14, you may call to ask about available seating.

One Seating at: 5:00 PM
Reservations: 651-762-7872
Leave message: (1) Number of tickets (incl. Children)
(2) Name of person making reservation
(3) Telephone number

Cost: \$15.00 Adults \$6.00 Child 6-10 Free Child 0-5

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 Icelandic cod, meatballs, roasted red potatoes with dill, mashed rutabagas/ carrots, coleslaw, lingonberries, lefse, rice pudding, krumkake, coffee, tea, or milk.



Sixty-first International Convention Report

“Viking Spirit United” was the theme of the sixty-first Sons of Norway International Convention this August. It was hosted by the Harald Haarfarger Lodge of Coeur d’Alene, Idaho as part of their 100 year celebration. Their lodge is named in honor of the Viking King who united all of Norway in 872 A.D.

One hundred and fifty-five delegates represented the eight districts of Sons of Norway along with the International officers. For our District One there were thirty-one delegates present out of thirty-one elected.

Four committees reported to the conference on laws, finance, fraternal and resolutions. A delegate could suggest revisions or additions to each report only once by going to a microphone stating your delegate number, district and home lodge before speaking to the assembly. There was a two minute limit for each speaker.

An official parliamentarian hired for the convention kept the motions and revisions on track.

Synnøve-Nordkap can be extremely proud of Eivind Heiberg, new CEO of Sons of Norway. Eivind has dynamic ideas to shape the future of our fraternal organization as evident by the message of the featured speakers he arranged for the convention – Scott Ginsberg author of The Approachable Leader, who had an abundance of ideas for leaders to encourage membership, and Joe Anotti, of the National Fraternal Council. Joe told that twenty states are changing laws regarding non-profit tax exemption to generate more revenue. Another idea that we really admire is holding a “Great Ideas Conference” in the year between the biennial International Conventions.

We can be tremendously proud of lodge member Len Carlson, Director of Agencies, who leads the progress of the 85 benefits counselors for Sons of Norway. For the years 2007-9 about 1.2 million dollars was contributed to the fraternal side of Sons of Norway each year. Insurance and annuity sales are up 26%. Congratulations Len!

Much of the parliamentary action of the convention dealt with proposed law changes and proposed resolutions. In June, at the district conventions, each district is allowed to make proposals for changes in the laws of Sons of Norway. These are then studied by the laws and resolution committees prior to the international conventions. Recommendations are made by these committees supporting the changes or perhaps suggesting that they be rejected. Amendments or substitutions may be made by these committees prior to the vote to accept or to reject the proposals. In upcoming newsletters, we will feature individual proposals and the results of the delegate vote.

On the third day of the convention, breakout sessions were scheduled in the afternoon. Dividing the six sessions between us, Susan attended one dealing with creating a positive lodge environment, which was conducted by Scott, the nametag guy. At the same time, Ron was on information overload learning about social media, i.e. Facebook, Twitter, etc. The middle sessions included a brainstorming session for lodge programming, and a excellent presentation about the best lodge partner, FBCs, aka Financial Benefits Counselors. In the final sessions, Susan learned about ideas for intergenerational programming, while Ron gained information about building a better lodge through our foundation.

Speaking about building a better lodge, we learned through various sources that our lodge, Synnøve-Nordkap, is doing very well, when compared to other lodges. Our lodge is working well. We need to strive to continue this. Please ask yourself how you can help in this endeavor. Perhaps Synnøve-Nordkap can be involved in hosting a district convention or even an international convention as was done in 1908, 1934, 1968 and 1994.

In closing, we feel that attending the international convention has given us a clearer idea of the big picture of Sons of Norway. It has put our lodge activities into better perspective. We gained many ideas in conversation with delegates from the USA, Canada and Norway. The International Convention was truly an enriching experience. Thanks to those of you who encouraged us to be a part of this. We encourage all of you to consider being a delegate to a district or an international convention. The 2012 District One convention will be in St.Cloud MN with the International to be held in Fargo ND.



- Ron and Susan Stow

Local News and Coming Attractions

Summit Avenue Walk

We had such a good turn out on the Swede Hollow walk in September that we'd like to try another one, on Saturday, October 30th at 10:00 AM. We'll meet at the intersection of Summit and Dale in St. Paul and walk down Summit Avenue noting some of the historic mansions and then prowl around Summit Hill looking at, among other things, houses associated with F. Scott Fitzgerald and Sinclair Lewis and the prior home of St. Paul Academy.

A coffee/snack stop will be included.

I need the help of members to come up with a good name for our group, hopefully in Norwegian, so give me your suggestions!

If members have good ideas for places to walk, tell me so that we can discuss them.

Scandinavian Food Fest

Bethel Lutheran Church in Hudson, Wisconsin

10:00 AM - 2:00 PM

Friday and Saturday, October 15 and 16, 2010

Directions: TH 94 East across St. Croix River to Carmichael Road, then left across 94 to frontage road on N side of freeway, where you turn right. Follow frontage road to church.

SAVE USED POSTAGE
STAMPS FOR TUBFRIM



Benefit News

Retire Your Mortgage?

Question: I'm 64 and my income will drop from \$50,000 to \$30,000 when I retire. Does it make sense to use more than half of my savings to pay off a \$160,000 mortgage balance rather than let the money languish in the stock market?

From a purely financial standpoint, it might make sense to pay off your loan if your mortgage rate is higher than the after-tax amount you could earn on your investments. And being debt-free in retirement is an admirable goal, but I don't recommend wiping out more than half of your retirement savings to do it. You'd be tying up most of your assets in real estate, which could leave you in a bind if you need cash fast.

Plus, if you use money in a traditional IRA to pay off your loan, all your withdrawals will be taxed at your ordinary income rate. That would boost your federal income tax rate and could trigger a higher premium when you become eligible for Medicare next year.

I suggest you consider a Sons of Norway financial review to review your entire financial situation before making any major decisions.

Reference: Kiplinger's Personal Finance October 2010

Greg Hovland

**Financial Benefits Counselor
651-429-2304**

**ltcfinancial@msn.com
www.LtcFinancialServices.com**

This and That

(We are always interested in members submitting articles on books they have read or movies or plays they have seen.)



NORDIC HERITAGE FEST 2010



Free Admittance – Open to Public

Saturday October 9, 2010
Open House Hours 10am – 2pm
Zion Lutheran Church
1601 Fourth Avenue South; Anoka, MN

Ala Carte Menu



Craft Demonstrations



Heritage and Culture
Displays



Cooking Demonstrations



Games & Activities
for Children



Sponsored by Sons of Norway Vennekretsen Lodge #1-559

Winner of the 2009 District Family Lodge of the Year Award

For more information contact Diane or Rod at 763-712-8099 or Chess at 763-757-1183



Den Norske Lutherske Mindekirke The Norwegian Lutheran Memorial Church

924 East 21st Street; Minneapolis, MN 55404-2952

Phone: 612-874-0716 Fax: 612-874-1971

Web Site: www.mindekirken.org E-mail: office@mindekirken.org

Press Release

A Scandinavian Treasure Chest Sale

Sponsored by the Norwegian Lutheran Memorial Church

Held on Saturday, November 6, 2010

10:00 AM to 3:00 PM at the church

Cash or check only please

Luncheon (a la Carte) starting at 11:00 A. M. No reservations needed.

Open-faced sandwiches, Bløtkake (Cream cake) and coffee.

Hardanger Embroidery

Norwegian Chocolates

Imported Foods and gifts

Hand-knit items

Home-baked Cakes, Breads, and Lefse

Silent Auction (bidding closes at 1:30 p.m.)

Artworks, Household items, Jewelry, Tapestries, etc.

New and slightly used quality items

Scandinavian Gift items and Christmas items

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



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 Linda Holmstrom 770-8989

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,
-Dave dmutchler@q.com or 651-484-8872**

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



Upcoming Activities

**Sing til the Cows Come Home - Tues. Oct. 12
Torsk & Meatball Dinner - Sat. Oct. 23
Kayaking Arctic Norway - Tues. Nov. 9**

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.