



# SynNor Brevet

Synnøve-Nordkap  
Lodge #1 - 008

September 2018  
Issue Number 18 - 08



## Front Page News

### Lefse, Lutefisk, and the Importance of Humor

We are thrilled to announce our September program will feature Gary Legwold, who will talk and sing about keeping Norwegian traditions alive, especially the grand old traditions of making lefse and lutefisk.

Gary believes one way to keep traditions alive is to write about them, so he's written a number of books on the subject. However, the best way to preserve traditions is to DO them, so he will offer us some surprising lefse-making tips and will ask the audience to share their tips.

The heart of Gary's presentation is the "3 Life Lessons I Learned From Lefse." This is sure to be a fun and engaging presentation.

Thanks to Sasha Aslanian for volunteering to demonstrate lefse rolling while we talk 'lefse' all evening long. (And you won't want to miss the lefse tasting!)

Gary will offer his books and other products for sale after the presentation.

Gary Legwold is a writer, editor, and author. His latest book is *Keep On Rolling! Life on the Lefse Trail and Learning to Get a Round*. Gary has just launched *The Lefse & Lutefisk News*, a free e-newsletter that contains all the news that's fit to print about our favorite food — and our favorite love/hate food. All are available at his website [www.lefseking.com](http://www.lefseking.com).



### Special Request to Members from International Headquarters:

Unique recipes for cookies you made for the Int'l Convention - They were so loved that the recipes are being requested! Please forward those very special recipes to Sharon. ❤️

Dear Members,

The last Brevet had a District 1 Convention Report. However, there was one missing item that was revealed at the International Convention—Our Lodge won 2017 Family Lodge of the Year!!!! Wow, how great, right??? Thanks to all of you who helped and worked together to make this happen.

Whew, the 2018 International Sons of Norway Conventions is over! It was amazing, interesting, fun, instructive, AND...lots of work!!! The planning of this HUGE undertaking was two years in the making. Members of the Three-Lodge Host Committee from our Lodge were: Ron and Susan Stow, Dave and Mary Beth Mutchler, Chuck and Jean Draheim, and yours truly. Then, there were so many others of our Lodge that helped as the actual Convention drew nigh.

Several of you baked wonderful cookies. I think our Lodge delivered over 40 DOZEN. By-the-way, they were delicious. I think I sampled each of the many different kinds.

Our Lodge was responsible for the Silent Auction and Raffle, Folk Art, and the table decorations both for the luncheons and the two banquets. Dave Mutchler chaired the Silent Auction/Raffle committee, Susan Stow chaired the Folk Art portion, and Jean Draheim chaired the table decoration aspect. When we started the process of setting up two days before the actual conference started, we had so many others that jumped in with both feet to make this Convention such a great success. Remember, I always quote my mom, "Many hands make light work." We had lots and lots of hands (and feet, etc.), but the work was still long and difficult. And...fun and very satisfying. Thank you all for the multiplied hours of hard work.

We had so many lovely items that were submitted to the Folk Art Competition. Several came from our own very talented Lodge members:

- Jean Draheim – "Other" category 1<sup>st</sup> Place--Thulite necklace & earrings, 2nd Place--Norwegian coin pendant & earrings
- Dolores Jacobson – Hardanger 2nd Place--Table runner
- Jennifer Stow -- Carving 2nd Place—Two-tone spoon
- Claudia Stow – Painting 2nd Place--Fjord scene
- Killian Stow -- Painting 3rd Place Bergen Bryggen scene at night
- Millie Hartleben – Crocheting 1<sup>st</sup> Place—Afghan

Also exhibiting from our lodge: Leif Erickson - photo scene of Norway, Ron Stow - figure carving, Lowell Johnson - chip carving a convention-themed plate and tray

A special "Thank You" to Jenn Hovland for her creativity and labor for the beautiful centerpieces she designed and delivered for our two banquets. So many compliments came from delegates.

Norma Erickson stitched little Norwegian Flag baskets for candies for each delegate. Many, many thanks for your intricate work.

Our Junior Lodge Peer Gynt Dancers in their bunads and the Heritage Singers were an integral part of the opening ceremony as they escorted the officers and sang.

*(continued on bottom of page 3)*



## Secretary's Report

### Board Meeting Minutes, 07 Aug, 2018

Attendees: Chuck and Jean Draheim, Sharon Amann, Ron and Susan Stow, Lynn Hoffmeyer, Naomi Hagen, Pat Carlson, LaRee Opdahl, Dave and Mary Beth Mutchler. John Nordale also attended.

There was a very brief review of the Picnic in June, which everyone felt went well.

The main item was to review and discuss our upcoming programs for the coming year. Naomi had prepared a good list to get us organized. The tentative schedule looks like this:

- **September 11** - Gary Legwold, author of "Life on the Lefse Trail." Sasha will be making lefse at a front table (we'll have dough balls made up, and will augment this freshly made lefse with some we have from Countryside).
- **October 9** - Norwegian elkounds + a Foundation presentation.
- **Sat. October 27** - Torsk & Meatball Dinner
- **November 13** - Rosemaling program by Andrea Herkert, Vesterheim award winner
- **December 11** - Julebord, with good bellringing program
- **January 8** - Officer Installation + "Norwegian Road Show"
- **February 12** - Chili Dump + Game Night
- **March 12** - Perhaps John Moe, author of "Hilarious World of Depression"
- **April 9** - Membership Dinner catered by Magnolias
- **Festival of Nations** - Thursday, May 2 - Sunday, May 5
- **May 14** - TBD
- **June 18** - Annual picnic with very interesting interactive program/demo on drones and their uses

We still have no volunteers for Recording Secretary when I am done in December. We'll keep trying and hope that someone will step up.

We previewed the September meeting and the upcoming 2018 International Convention in August in Bloomington.

Jean gave a detailed Treasurer's Report comparing 2018 to 2017 to date.

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

Submitted by: Dave Mutchler, Secretary

*(President's Letter, continued from page 2)*

Our New Land, New Life panels sparked much interest and conversation. Isn't it amazing how much this home-grown project has added to other Lodges and major events?

I am so glad that our Lodge was given a Tusen Takk award plaque for being one of three host Lodges. Each one who worked gets a **Manga Tusen Takk** for the hours and days spent making this one of the best International Sons of Norway Conventions EVER!!!!

I am also looking forward to resuming our social meetings again after having a summer break. Our September kick-off meeting with Gary Legwold and his "Life Lessons Learned from Lefse." Wonderful programs are planned, as well as our Torsk & Meatball dinner on October 27. Please start thinking about bringing friends and/or family to that as well as donating something to the Silent Auction, and/or making something for the bake sale.

June and August have been really busy, now we can settle into a more scheduled and enjoyable Fall and Winter. We have much planned, and we just need to see your smiling faces as we push ahead with anticipation.

Blessings,  
Sharon



### Norway's Summer Music

by Don Halvorson

Even though the people of Norway passionately embrace their winter, they love summer even more. Summer is the season for picnics in the parks, for biking and hiking in the mountains, or sun bathing and swimming in the fjords. For the last decade summer has also become a destination for countless music festivals. They can be found anywhere in the country, and cover rock, indie, jazz, blues, classical, electronic or pop. Although most concerts are booked during the months of June, July and August, some begin as early as May or run as late as October.

If jazz is your pleasure, in July there is the grand daddy of all European music festivals, Moldejazz. Established in 1961, Moldejazz is the premier jazz festival in Norway. Located on the Romsdal peninsula, Møre og Romsdal fylke, it plays host to 100,000 visitors annually. Visitors enjoy performances from many of the celebrated performers worldwide. The long list of American artists that have performed there include such names as Muddy Waters, Miles Davis, James Brown, Bob Dylan, Eric Clapton and Sting.

That same month, the second most celebrated jazz festival in Norway takes place in Kongsberg, Buskerud, an hour's drive from Oslo. For four days this small city also hosts jazz music from Europe and abroad. A third jazz festival wraps up the summer in October in Lillehammer.

For rock enthusiasts there are a number of venues. Oslo hosts the Norwegian Wood Festival held at Frognerbadet in June and the Øya Festival at a central park in downtown Oslo in August. Also in August, Rauma Rock in Åndalsnes and the Pstereo Festival in Trondheim feature rock and indie artists.



For Blues lovers there is the Notodden Blues Festival in August in Telemark, a two hour trip from Oslo. This is the largest blues festival in Europe. In Svalbard, the northernmost part in Norway, the Dark Season Blues Festival happens in October. What makes this venue so unique is its atmosphere of blue lights.

Finally, let's not ignore the classical scene. Created 13 years ago, the Stavanger Chamber Music International festival in August is one of the most important chamber music festivals in all of Europe. Held in the Stavanger Cathedral or the Ulstein Monastery, one can listen to many of the best works by Mozart, Bach or Beethoven.

Bergen is the setting for the summer's largest classical music festival, a ten weeks tribute to Norway's most celebrated composer Edvard Grieg. From June through August, musicians from all over the world arrive to perform works of Grieg, Bach, Liszt, Mendelssohn, Mozart and other notable composers. Over 40 concerts by symphonies, choirs, chamber groups and soloists take place in Bergen's 12<sup>th</sup> century Korskirken, or Church of the Cross.

[SUMMER MUSIC FESTIVALS IN NORWAY – Say HI to Norway](https://sayhitonorway.com/2016/07/08/summer-music-festivals-in-norways)

<https://sayhitonorway.com/2016/07/08/summer-music-festivals-in-norways>

[Moldejazz - Wikipedia](https://en.wikipedia.org/wiki/Moldejazz)

<https://en.wikipedia.org/wiki/Moldejazz>

[Norway's Sizzlin' Summer Fests - Travel Squire](https://travelsquire.com/norways-sizzlin-summer-fests/)



### The Beneficiary Book

Although I've enjoyed writing all the articles that I've provided for the newsletter, this may be one of the most important.

During the last year my wife and I lost several people who were important in our lives – my wife's oldest brother, my oldest sister, and my mother.

As everyone knows who has been through the grief and trauma of deaths in the family, the process is always difficult. Unfortunately, we have found that in many cases, our loved ones did not have a plan, or did not have an adequate plan to help their spouse and/or family through the ordeal.

Unfortunately, after the death of a loved one, the surviving spouse or family members will be called on to make literally a hundred or more decisions within a day or two of that death and to immediately pay for any final expenses that are associated with that death.

In our determination to do better and to make sure we had a plan in place for ourselves and our developmentally delayed daughter, we started to look for a way solve several of the difficulties normally faced by a family after the death of a loved one. I then discovered "The Beneficiary Book".

Although it is available on Amazon, I thought the cost was too high. Consequently, I found a downloadable version. You can check it out at this internet address: <http://new.beneficiarybook.com/>. During my next presentation at the lodge meeting, I will discuss the **Basic Checklist to Settling an Estate** form that is included with this download. It lists the types of information that need to be put in a file for the spouse or family members left behind. This form is included with The Beneficiary Book and is an outline users can follow to make sure all important family documents are available in one place.

Here are the categories addressed in the Beneficiary Book: 1) Important Personal and Medical Information, 2) First Things to do in an Emergency, 3) Estate Plans and Final Arrangements, 4) Finances, Investments and Insurance, 5) Inventories, 6) Business Interests, 7) Strictly Confidential, and 8) Everything Else.

Each of these categories has preprinted forms that can be filled out, printed, and then put into a 3-ring binder along with other important documents. This binder and the document copies should be stored in a safe place where it can be easily found by either the spouse or the next of kin.

Marge and I have recently completed our copy of The Beneficiary Book. We found that it took longer than we anticipated to find the documents needed and to make sure all-important issues were addressed. It also helped us to understand how difficult it is for a relative or spouse when they are forced to deal with a death if these documents and instructions are not available.

As always, I am happy to answer any questions that you may have. Feel free to contact me by email: [pdormody@mwisa.com](mailto:pdormody@mwisa.com) or at my business telephone number: 651-731-5358.

Paul Dormody, CPCU  
Sons of Norway Financial Benefits Counselor

## 2018 International Convention Report

Among the 155 delegates to the 2018 Sons of Norway International Convention were Synnove-Nordkap members Sharon Amann and Ron Stow, representing District 1. They attended delegate assemblies where the business of the International Lodge was conducted. For two days, they discussed and voted on resolutions which had been submitted from the District Conventions. Both Sharon and Ron took their turns at the microphone to address the International Board, giving their opinions and suggestions concerning the resolutions and the by-law changes which came before the assembly.

With the convention motto of Sailing for Growth, several of the discussions centered around ways in which Sons of Norway membership numbers can grow through recruitment and retention of members. The informal talks with other delegates, Sharon and Ron shared ideas on these topics. Basically, it seems to come down to the current members being the best recruiters.

The financial growth of Sons of Norway as a business is of obvious importance to the order. The delegates heard from Sons of Norway CEO, Eivind Heiberg (a Synnove-Nordkap member) as he described the newly added officers of Sons of Norway. The requirements imposed by the Federal Government on fraternal organizations has necessitated these additions in personnel, as well as adding extra meetings for the International Board of Directors.

The convention reports book presented details on the financial status of the organization, among which is a report from the head of Financial Benefits, Len Carlson (also a Synnove-Nordkap member). Sons of Norway's financial status has an excellent rating.

The 155 convention delegates represent 49,755 total members in Sons of Norway. Sharon and Ron met delegates from many states, from Canada, and from Norway. Speaking of Norway, the delegate assembly voted to hold the 2020 convention in Hamar, Norway.

Further reports on the convention will be made to the Synnove-Nordkap board of directors and will be relayed to the membership throughout the year.

Sharon and Ron may be a little biased in their evaluation of those aspects of the convention which did not involve the assembly. The cookies served at coffee breaks were terrific. The silent auction was well arranged, the folk art exhibit was beautiful, and the New Land, New Life display was informative. The table decorations were exquisite, the hand-made favors baskets were impressive. The bread board voting paddles were unique. The Peer Gynt Dancers, the Heritage Singers and the Bunad escorts all added color to the opening and closing ceremonies. Landmark Center guides, psalmodikon player, tailgate video and Norwegian music at US Bank Stadium gave extra color to special events. These were areas which were the responsibility of our lodge. Then, when we add in the members of Synnove-Nordkap who served on the host committees and sub-committees, as well as treasurers, vice-chairman, heads of committees, we realize that our lodge was every so much involved in the success of the 2018 International Convention of Sons of Norway. Sharon and Ron heard many kudos from fellow delegates.

There are of course many other aspects of the convention which were handled equally as well by our co-hosts Syttende Mai and Vennekretsen lodges. The Best Ever Convention could not have been pulled off without the great cooperation among the three lodges. All the host lodges received special "Tusen takk" award plaques from International President Jon Tehven.

### WANTED: 2018 Lodge Recording Secretary

#### Duties:

- Reserve room for future Board meetings
- Attend monthly Board meeting and take notes. We usually meet on the first Tuesday of the month from 7:00-9:00PM at the Maplewood library.
- Attend monthly lodge meeting and take notes - no meeting in July or August
- Submit notes to newsletter editor by email.

#### Photos from Page 1, left to right:

- Representatives of the lodge's convention committees; folk art, decoration, silent auction, and New Land, New Life exhibit. Synnove-Nordkap received the International President's "Tusen Takk" award as a host lodge for the convention.
- Our lodge, once again, is District 1 Family Lodge of the Year!
- Synnove-Nordkap international delegates Sharon and Ron vote in the delegate assembly.

#### Peer Gynt Dancers

- Welcome to new members meeting Sat., Sept. 8th from 1 - 2:30.
- You are encouraged to invite friends, neighbors, cousins, brothers, and sisters to join.
- New location: St. Paul Church, 609 - 5th St. S., Stillwater, MN. Enter from the parking lot on 4th St., between Willard and Walnut. We will meet downstairs.

#### For Information:

**Sharon Amann**, President 651-631-0399 or  
[slamann@comcast.net](mailto:slamann@comcast.net)

**Chuck Draheim**, Vice President 651-433-2008

**Ingrid Bjorum**, Brevet Editor [ingrid@steinmetz.org](mailto:ingrid@steinmetz.org)

#### Norwegian Language Classes

- SON Norwegian Language Lessons, Tuesday Class, **September 11**, 6:30-7:00 p.m. at Gustavus Adolphus Church before the meeting in the back corner
- *Norsk Nordmenn og Norge & Ny i Norge*, Wednesday Classes, **September 12 & 26**, 1:00-2:30 p.m. at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119
- WELCOME to new members!
- Please contact Class Facilitator Sheryl Hove at [sherylhove@netzero.net](mailto:sherylhove@netzero.net) or 651-738-4908 for information

#### Genealogy Group

##### ***The Genealogy Group will not meet in September.***

- The October Genealogy Group meeting is October 6, 2018 at the Maplewood Library in the Community Program Room from 10 am - noon. The library is located at 3025 Southlawn Drive, just west of Maplewood Mall. An optional lunch at a nearby restaurant will follow the meeting.
- Members from all Zone 9 lodges in addition to Synnove-Nordkap lodge members are welcome to attend the Genealogy Group meetings. We work as a group to provide each other help, whether it be starting from the beginning or working to break through "brick walls". We also share our successes and family stories with one another.
- Topics at meetings are based on the needs and interests of those at the meetings.

#### Hardanger Class

- Upcoming meeting dates: Sept. 7th, Oct. 12th, and November 9th
- All the meetings are from 10 - 12 at 103 East Burlington, Stillwater, MN.
- Please bring a very sharp small embroidery scissors.



*The mission of the Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and provide quality insurance and financial products to our members.*



Synnøve-Nordkap Lodge #1-008:

District 1 Lodge of the Year in 2013, Family Lodge of the Year in 2006, 2008, 2013, 2016, 2017

Visit Synnøve-Nordkap online: <http://synnove1.com/>

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

<https://peergyntdancers.wordpress.com/about/>

<https://www.facebook.com/SynnoveNordkap/>

Date and Time	Event	Location
Tuesday, September 4, 7:00 pm	Board of Directors Meeting <b>** All members are welcome **</b>	Ramsey County Library - Maplewood 3025 Southlawn Dr Maplewood, MN 55109
Friday, September 7, 10am-Noon	Hardanger Embroidery Group	Ron and Susan Stow 103 East Burlington Stillwater, MN 55082
Saturday, September 8, 1-2:30pm	Peer Gynt Dancers	St. Paul's Lutheran Church 609 5th St. S. Stillwater, MN 55082
Tuesday, September 11, 6:30-7pm	Norwegian Language Class	Gustavus Adolphus Church 1669 Arcade St., St. Paul, MN 55106
Tuesday, September 11, 7:00pm	Monthly Lodge Meeting	Gustavus Adolphus Church
Wed., September 12, 1-2:30pm	Norwegian Language Book Group	Sun Ray Library 2105 Wilson Ave., St. Paul 55109
Wed., September 26, 1-2:30pm	Norwegian Language Book Group	Sun Ray Library

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## International Convention

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### **Synnove-Nordkap - 2018 International Convention Host Committees**

**International Delegates:** Sharon Amann, Ron Stow

**Executive Committee:** Vice Chairman - Ron Stow, Treasurer - Clayton Lance, Assistant Treasurer - Mary Beth Mutchler

**Decoration Committee:** Co-chair - Sharon Amann, co-chair - Jean Draheim, Jenn Hovland, Norma Erickson, Susan Stow, Chuck Draheim

**Folk Art Committee:** Chair - Susan Stow, Linda Erickson, Sharon Kalmes, Sharon Folland, Dianne Anderson, Maureen Austinson, Barbara Isaacson, Kathy Kaluza, Naomi Hagen, Pat Carlson, Jennifer Stow, Char Lance

**Silent Auction / Raffle Committee:** Chair - Dave Mutchler, Chuck Draheim, Lynn Hoffmeyer, Lisa Mutchler, Jean Draheim, Mary Beth Mutchler, Lowell Johnson, Sharon Amann, Sheryl Hove, LaRee & Loren Opdahl, and Sandy Oftedahl

**Cookie Committee:** Chair - Dianne Anderson (list of bakers will be published next month)

**Delegate Voting Paddle Committee:** Ron Stow, Susan Stow

**US Bank Stadium Video Display & Norwegian Music:** John Nordale, Susan Stow, Jana Velo

**The Landmark Center Guides:** Lenore Jesness, Sharon Kalmes, Char Lance, Clayton Lance

**Schubert Club Museum Psalmody Musician:** Ruth Gibson

**New Land, New Life Display:** Ron Stow, Carl Tomlinson, Lowell Johnson

#### **Opening Ceremony**

**Peer Gynt Dancers Escorts/Arch:** Alycia Regino, Logan Regino, Mae Hovland, Killian Stow, Anna Kneeskern, Freya Haugen, Beatrix Rhone, Astri Stow, Josie Haugen, Claudia Stow

**Heritage Singers:** Josie Haugen and Claudia Stow

#### **Installation ceremony**

**Bunad Escorts:** Susan Stow, Pat Carlson, Jana Stow Velo, Alyce Brekke, Ron Stow

**General Volunteer:** Taffy Storck

My, what an impressive list! Mange tusen takk to these Synnove-Nordkap members who helped make the Sons of Norway 2018 International Convention such a rousing success.

## International Convention

Here is a quick rundown of the **U.S. BANK STADIUM TOUR** that was given during the convention

It took 30 months to build the stadium. It was built by 8,000 people, about 1,500 at one time. It seats 66,400, which is 200 more than the previous stadium. At least 80% of the old stadium was recycled. Electronics alone cost \$65 million – about \$10 million more than the previous stadium.

There are 131 suites. Many of them cost between \$100,00 and \$200,000 per season, plus the cost of each seat at \$10,000 per game. Suites hold from 12 to 24 people. Turf seats cost \$500,000 per season.

The scoreboards are 4,000 sq. ft. and 8,000 sq. ft. in size.

There is one wall covered with 400 football helmets, representing every high school in Minnesota. If a team won their division, it is a gold helmet. Very impressive!



Former Peer Gynt Dancer, Mae Hovland, gave a wonderful speech to the Delegate Assembly of the International Convention on behalf of the Sons of Norway Foundation. She told about receiving a Foundation scholarship which enabled her to go to Japan on a one-year program through Rotary International. Wearing her school uniform, she told about the adjustment to the Japanese culture and language.

### Winner of Best in Show Owner: Mary Beth Mutchler



This was a plain and simple trunk brought to America by my Grandmother, Olava Kleven in 1904. It was transformed into a “winner” by Andrea Herkert, a Vesterheim Gold Medalist in Rosemaling.

The painting is the classic Telemark style. The added landscapes honor my father, who was educated in Forestry. I love the symbolism of the trees: the tall, strong trees representing the current generation, the saplings, the next generation, and the stumps, to honor the ancestors past.

Andrea stated, “It was my privilege in painting this piece, to honor the hopes and dreams of the young woman who brought this trunk with her in 1904 as she began her new life in America.”

I wish my Grandmother and Father could see this trunk now.

- Mary Beth



## International Convention



Some Synnove-Nordkap representatives at the 2018 International Convention



Members of the silent auction and raffle committee

At the installation ceremony, Ron, Jana and Susan served as escorts of the newly elected Sons of Norway International Board members.



Pat Carlson escorts newly elected International President Stubbings at the installation ceremony.

Jean Draheim won 1st and 2nd place ribbons for her jewelry creations.



Heritage members Killian and Claudia Stow win Folk Art ribbons for their paintings of scenes of Norway

Synnove-Nordkap members at President's Dinner at the Landmark Center



Folk Art ribbon won by Jen Stow for her carved spoon

## International Convention

Our lodge received this plaque from International President Jon Tehven as a thank you to the host lodges for the international convention.



Synnove-Nordkap Folk art committee



Peer Gynt dancer escorts International Officer at opening ceremony



Peer Gynt dancer escorts International President

Centerpiece created by lodge member Jenn Hovland for Landmark Center banquet



Peer Gynt dancers form international arch at opening ceremony

Lodge member and instructor for Synnove-Nordkap Hardanger group, Delores Jacobsen, won a ribbon, outdone only by an entry from Norway which won the People's Choice Award



Lodge member Ruth Gibson entertains on the psalmodikon at the Schubert Club Museum in the Landmark Center

Unpictured: Millie Hartleben won first place for a crocheted afghan.