



# SynNor Brevet

Synnøve-Nordkap  
Lodge #1 - 008

November 2020  
Issue Number 20 - 10



## President's Letter

Hilsen alle sammen,

Thanksgiving Day brings the “official” start of the holiday season although many retailers have already started putting up their Christmas displays. I always think that this is rushing the season but, as we all know, retailers are always out for the almighty dollar. As a teenager growing up in Mora (yes that Swedish town up north) and working in retail there was kind of an unwritten rule that Christmas decorations did not go up until the day after Thanksgiving. Even the city of Mora did not put up decorations until that day. I wish we could go back to some of those old customs.

Given the multiple stressful events of 2020, I would suspect that many of us are looking forward to 2021 and, hopefully, better times. I was always told not to “wish my life away” by hoping some date or tribulation would quickly pass, and I remind myself of that frequently. We should reflect on the good events of the past year and hope that the bad times do not repeat themselves.

These are some of the things I am thankful for this year.

- My wife.
- A roof over my head.
- Food to eat.
- My health.
- Caring family and friends.

Let us not dwell upon the bad things but rejoice in the good things.

We have been, and will continue to, host virtual meetings via the Zoom platform. Our communications guru Sasha, has been setting up these meetings, and we are grateful that she continues to do this for us. Zoom is easy to use. Sasha provides a link, via e-mail, to the Zoom meeting a few days before the scheduled event. If you do not have video capability on your computer, laptop or mobile phone you can still join in via regular telephone by calling into the number listed in the e-mail.

**For this month's virtual meeting on November 10, will be asking members to share stories or remembrances about their Norwegian ancestors, whether they be immigrant stories or something about some family member who was a descendent of an immigrant.** Several years ago Rod Hale, a former lodge member, headed up a project along these same lines, and it proved to be successful and enjoyable. Since it has been a few years, you may wish to retell your old story or find something new. Either way, we would love to have you participate. If you have images you would like to share that would be great also. For those of you who are not quite sure how to share images via Zoom I would suggest that you contact our media guru Sasha. Her e-mail address is: [saslanian68@yahoo.com](mailto:saslanian68@yahoo.com).

Fraternally  
President Chuck



Thanksgiving card from 1910.



# Secretary's Report

## **Synnøve-Nordkap Lodge #1 – 008, Online via Zoom, 10/06/2020**

Members in attendance: Sasha Aslanian, Ingrid Bjorum, Connie Chrissis, Chuck Draheim, Jean Draheim, Lynn Hoffmeyer, Lowell Johnson, Clayton Lance, Mary Beth Mutchler, LaRee Opdahl, Susan Stow, and Ron Stow.

President Chuck Draheim called the meeting to order.

SECRETARY'S REPORT: Approved as printed in the Brevet.

TREASURER'S REPORT: Report accepted as presented. It is okay to file for the audit.

### **HEALTH AND WELFARE REPORTS**

No reports of anyone knowing people with Covid-19 at this time.

#### COVID-19 RESPONSE-Lowell

Received the suggestion that we consider having people sign in with their names and contact phone numbers in case we need to do contact tracing. Everyone agreed this was a good suggestion, and we will implement when we return to in-person meetings. Chuck suggested we might want to have thermometers at the sign-in table and said the Lions had some that we could possibly borrow. There was discussion, and it was decided that if we decided to have them, we would borrow the Lions thermometers at first to see how it goes.

At this point, Pastor John at GA has made the decision not to re-open until November.

#### JR LODGE-Susan

Has contacted each member individually about their Sports Medal achievements. There is a Zoom meeting on Saturday just to say 'hi'.

#### SCHOLARSHIPS-Sasha

Will be updating the scholarship applications with new dates and anything else we want to add. Asked the question, is interviewing an important part and what would be the best way to do it. Ron said in the past we have had a scholarship committee that would do the interviews. Discussion was held about who should be on the committee; should it be people other than Board members; thought we should have an educator; the committee would make their recommendations to the Board.

Suggestion was made that we ask the scholarship recipients to join us in a zoom meeting for a check-in on how they are doing. This will happen in January 2021.

#### D1 UPDATES-Ron

Has a meeting with the marketing committee via teleconference in preparation for the regular District Board meeting on September 23/24.

Ron asked that we add a discussion about the officers we will need at the next Board meeting. Think about what we need to fill and how we should proceed. Ron will check with officers on who wants to continue in their position.

#### AUDIT-Mary Beth and Clayton

To complete, they still need several statements and the checkbook which Jean will provide.

Mary Beth has questions on the Sons of Norway headquarters account: what percentage do we get; has questions on how it works and its history since we started it.

#### 2021 CALENDARS-Mary Beth

The cost has increased this year to \$8 from \$7.50 last year plus postage and handling. We sold them last year for \$12.50. The cost for a 10 pack of Norwegian and Swedish notecards is \$8.

Suggestion was made that we charge \$15 for the calendars this year and \$12 for the notecards. Mary Beth will send Ingrid a write-up for the Brevet.

#### SALVATION ARMY

Ron suggested we make a donation to the Salvation Army in lieu of bell ringing we will not be doing this year. Ron made the motion that the Lodge donate \$250 to the Salvation Army. Lowell seconded. Motion carried.

#### NOVEMBER MEETING

Ron and Sasha will work together in conjunction with the Genealogy group to make a presentation at the lodge meeting to share family stories that have been found out through the research of the Genealogy group. Perhaps we will ask other lodges to join us with the Genealogy group offering to share their expertise.

LaRee thought we could have people involved in stevnas involved, too.

#### OCTOBER MEETING

Since Fri, Oct 9, is Leif Erikson Day, we could present video clips celebrating Leif Erickson. Ron and Sasha will coordinate.

#### OCTOBER IS FOUNDATION MONTH-Susan

We usually take contributions at the October meeting. It should be mentioned in the Brevet. Sons of Norway will match contributions up to \$50,000. Lowell made the motion to donate \$250 to the Sons of Norway Foundation in the memory of Lodge members we have lost in the past year. Sasha seconded. Motion passed.

Chuck asked Susan to present information about the Foundation and our fundraising event at next week's meeting. We will also add the information to the Brevet.

Next Board of Directors meeting will be Wed, Nov 4 at 7p via Zoom. (cjc)

### **Synnove-Nordkap 1-008 St. Paul, MN, Nominations for Election**

Voting for 2021 lodge offices will take place at the December lodge meeting. The final list of officers will be published in the following Brevet.

#### **Board of Directors**

President - Lowell Johnson  
Vice President - **TBD**  
Secretary - Connie Chrissis  
Treasury - Jean Draheim  
Counselor - Chuck Draheim  
Membership Secretary - LaRee Opdahl  
Junior Lodge Director - Susan Stow  
Social Directors - Pat Carlson and Dianne Anderson  
Cultural Director - Ron Stow  
Scholarship Director - Sasha Aslanian  
Foundation Director - Audrey Waage  
Sport/Recreation Director - **TBD**  
Director-at-large - Lynn Hoffmeyer  
Newsletter Editor - Ingrid Bjorum  
Webmaster - Ingrid Bjorum  
Advisory (ex-officio) - Mary Beth and Dave Mutchler

#### **Appointed Officers**

Trustees - LaRee Opdah and Dave Hegdahl  
Marshall - Kathy Kaluza  
Assistant Marshall - Doug Peterson  
Historian - Lenore Jesness  
Musician - Jan Allen  
Greeters - Maureen Austinson and Mary Beth Mutchler  
Librarian - Ingrid Bjorum  
Sunshine - Mary Beth Mutchler  
Newsletter Staff - Don Halvorson, Lynn Hoffmeyer, Dave Mutchler, Mary Beth Mutchler  
Publicity - Leif Erickson and Jana Velo  
Technology - Sasha Aslanian, Chuck Draheim, Dave Mutchler, Lowell Johnson  
Genealogy - Cathie Reasoner and Fred Matson  
Norse Language Classes - Sheryl Hove  
Auditors - Mary Beth Mutchler and Clayton Lance  
Financial Benefits - David Okeson  
Nominating Committee - Ron Stow, Sheryl Hove, Lenore Jesness



## Spending Time in Nordmarka

by Don Halvorson

The Norwegian phrase *Friluftsliv*, which is freely translated as a life in the fresh air, or the good life outdoors, was first introduced to the Norsk language in Ibsen's poem, *On the Heights*. It tells of a man escaping from the city to the wilderness to find solitude. Further synonyms for the phrase have now been extended to defining a way of life, patriotism or getting away from reality.

Twenty minutes north on the Metro from Oslo's city center takes you to Nordmarka. This forested setting is the largest of ten wild spaces comprising Osloomarka, an extremely popular open-air recreational area surrounding the northern rim of the city. Known to the Oslo natives as Marka, it all

begins in the municipality of Oslo but extends into the other municipalities outside the capitol. Covering an area of roughly 260 square miles, Nordmarka is crisscrossed with trails that are used for folks of all levels and all ages. In spring and summer the blue marked trails are used for hiking and biking. Others just stop at one of many pastoral

lakes to swim or to simply linger to admire the view.

In 1994, the Nodsmarka Skogmaraton race was founded. Most of the course passes through that forest and is one of the most popular marathon runs in Norway. Runners have the choice of doing a half marathon, full marathon, or ultra marathon. Scattered along the trail at intervals are food, drink, and aid stations. Because of its challenging profile, most runners are more interested in finishing well than setting records.

In the spring, there is also a challenging lake-to-lake canoe trip. The distance is 26.4 miles, lasts for 20-30 hours, and may involve camping overnight on one of the many wilderness lakeshores.

During winter months there are over 450 cross-country ski trails that are marked in red. Most are kept



well groomed and offer varying levels of endurance and ability. Some are also illuminated for evening skiing. For the more adventurous, there is an off trail two or three day camping and skiing trip through

the rough wilderness terrain, along with all that winter's nature can bring. For others who want to spend a more comfortable night in the forest, there are a number of year-round cabins available for a brief rest or an overnight stay. These are run and maintained by the Norwegian Trekking Association, a 150 year-old organization whose goal it is to maintain and improve these popular wild places.

Looming large at the western entrance of the forest stands the Holmenkollen Ski Jump. A tribute to Norway's national sport, it is built on a hill that first hosted a ski jumping competition in 1892. There were 12,000 spectators who came to watch an 18-kilometer cross-country event the first day and a ski jumping contest the next. Athletes who were qualified could compete in both. From these early beginnings, the annual Holmenkollen Ski Festival has evolved. Over time, the jump has been modified and improved 19 times. The Inrun, where the skiers start their descent, was, over a period of years, gradually raised with wooden scaffolding. In 1952, when Oslo hosted Winter Olympics VI, a taller tower was constructed, and an

elevator was added for the athletes. Between the 1966 and 1982 World Championships, the ski jump evolved into its familiar architectural landmark on the Oslo horizon. But, as the sport changed, so must its arena, and for the 2011 World Championships, the design was changed again to its present image.

Of all the capitols in Europe, only Oslo can boast of a year-round wilderness playground so close to the city's center.

[Hiking in Nordmarka | Outtt](https://outtt.com/stories/norway/hiking-in-nordmarka)  
[Skiing the Nordmarka - Cross Country Skier](https://www.crosscountryskier.com/skiing-the-nordmarka)  
[The history of Holmenkollen - Oslo](https://www.visitoslo.com/en/articles/history-of-holmenkollen)





## **Sons of Norway Foundation Grant Applications Available**

Do you or a member you know have need for medical relief? The Sons of Norway Foundation makes financial grants for such relief through its Helping Hands to Members Program. To qualify for this grant, you must be a current member of Sons of Norway for at least one year. The illness or injury must have occurred within the past 24 months of the application being submitted.

The applications are considered on a rolling basis and must be received within the 24 months of the illness or injury. The maximum award is \$5,000. Award decisions are expected no less than 16 weeks following a received application.

Visit the Sons of Norway website for specifics on guidelines and forms.

<https://www.sofn.com/foundation/grants/>

Helping Hand to Members also offers grants to current members in need of disaster relief. If your home has been significantly damaged and deemed unlivable for a period of time due to a natural disaster, you may apply for up to \$5,000 in aid. Please visit the Sons of Norway website [sofn.com](http://sofn.com) and click on Foundation for details on guidelines and forms.

Synnove-Nordkap board of directors is considering projects which promote our lodge. You, as members, are asked to think of possible projects for which the lodge may need additional funding. The Sons of Norway Foundation has grants available for projects that include a community partnership. Our “New Land, New Life” historical exhibit received a Foundation Grant to get the project off the ground.

To help promote the culture and heritage of Norway, the foundation awards grants for special programs. Synnove-Nordkap sponsored a successful woodcarving workshop which received a Lodge Culture and Heritage Grant.

The lodge is eligible to receive Lodge Vitality Grants for programs or projects which help fund special projects that may stretch our budget. Synnove-Nordkap is fortunate to be designated as a Vital Lodge and has not yet found need for this grant.

Through the fine reputation of our Junior Lodge, Synnove-Nordkap has been named Family Lodge of the Year several times. The Foundation program Helping Hands to Children Grant has helped fund special programs involving the Junior Lodge. When the Peer Gynt Dancers needed additional outfits, the foundation contributed to the purchase of material from Norway for the Bunad dresses and vests.

*Sons of Norway Foundation supports our lodge, and you, the members.*

### November Virtual Lodge Event Tuesday November 10

#### Can we Talk?

We would love to hear about one of your Norwegian ancestors or see/hear about an object that is part of your family's history. Several years ago, lodge members told us fabulous stories about their ancestors that were incorporated into the DVDs produced for our highly popular "New Land, New Life" historical exhibit.

You will be guided through the process of talking about your ancestor or family artifact by Sasha Aslanian and Ron Stow. An email will be sent to members with details about how to connect to this event.

Your fellow lodge members will be looking forward to hearing your story. We'll also record a brief greeting on Zoom for Sons of Norway's 125th anniversary so please wear a Norwegian sweater!

**Please join us on Tuesday, November 10 at 7 p.m.**



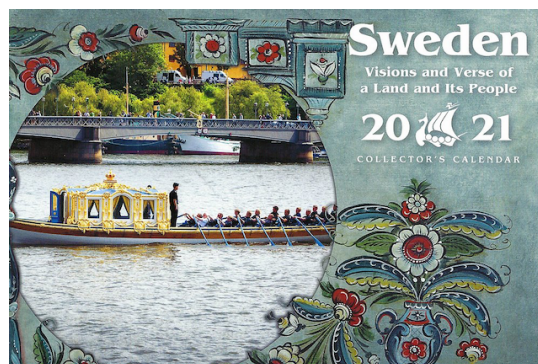
### Calendar and Note Card Sales

We will again be selling Norwegian & Swedish calendars (\$15) and note cards (box of 10, \$12). Orders can be placed from now until **November 20**, by emailing Mary Beth Mutchler at [mbe43@q.com](mailto:mbe43@q.com) or calling her at 651-484-8872. Calendars will be delivered to you. These are good stocking stuffers! You can shop and avoid the crowds.



10 cards with 5 designs

"Norway" calendar and cards



10 cards with 5 designs

"Sweden" calendar and cards

## Bulletin Board

### Genealogy Group

Upcoming Genealogy Group Meetings:

Saturday, November 7<sup>th</sup> at 10 am via Zoom

Saturday, December 7<sup>th</sup> at 10 am to noon via Zoom



### Norwegian Language

This is your reminder that you can begin to learn or brush up on your Norwegian language skills on the Duolingo website.

[www.duolingo.com/learn](https://www.duolingo.com/learn)

**Stay 6 feet from others.**



← 6' →



STAY SAFE LODGE MEMBERS

### Member Directory

Synnøve-Nordkap member directory is available on our website. You can reach the page by clicking on the link below. The directory itself, however, is password protected. If you are an active lodge member, you can request the password by contacting Connie Chrissis at [cjchrissis@comcast.net](mailto:cjchrissis@comcast.net).

<https://synn-nord.org/contact/member-directory/>

### Lodge Health and Safety

As we all continue to deal with COVID-19, lodge members are in the process of reviewing a document which will remain with the lodge as we move through this challenging time together. This document will coincide with CDC and Minnesota health and safety guidelines regarding in-person gatherings, food safety, and our high risk lodge population.

### Lodge Calendar

Did you know that our lodge activity calendar is available on our website? Though we don't have a lot of in-person events right now, there are some online meetings occurring. Some day we will be getting together again, and you'll know where to look for all of our events and activities!

<https://synn-nord.org/contact/synnove-nordkap-lodge-calendar/>

### For Information:

**Chuck Draheim**, President: [pres.synn.nord@gmail.com](mailto:pres.synn.nord@gmail.com)

**Lowell Johnson**, Vice President: [jhnsn7440@msn.com](mailto:jhnsn7440@msn.com)

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



*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, 2018  
Visit Synnøve-Nordkap online: <https://synn-nord.org>  
<https://www.flickr.com/photos/synnor/albums>  
<https://peergyntdancers.wordpress.com/about/>  
<https://www.facebook.com/SynnoveNordkap/>

Date	Event	More Information
Wednesday, November 4, 7 pm	Board of Directors Meeting	Virtual meeting via Zoom
Saturday, November 7, 10 am	Genealogy Group	Virtual meeting via Zoom
Tuesday, November 10, 7 pm	Lodge Meeting	Virtual meeting via Zoom
Tuesday, December 1, 7 pm	Board of Directors Meeting	Virtual meeting via Zoom
Saturday, December 5, 10 am	Genealogy Group	Virtual meeting via Zoom
Tuesday, December 8, 7 pm	Lodge Meeting	Virtual meeting via Zoom

Synnøve-Nordkap Brevet staff wishes all of our lodge members peace and good health during these challenging times until we can meet in person again.

