

## Front Page News

### It's a Synnøve-Nordkap Summer!



Left:  
Members  
are enjoying  
the  
midsummer  
picnic at  
Island Lake  
Park.

Below: Lodge  
members sell waffles  
at the first Nordic  
Midsummer Fest at  
Buck Hill.



Left: Lodge  
delegates accept the  
Large Lodge of the  
Year award (2018) at  
the district  
convention.





## President's Letter

Hello, Lodge Members!

I hope you are enjoying the summer months. We last gathered on a lovely evening for our midsummer picnic in June and now here we are already in August. Soon, we will see one another for our September meeting and head into autumn. The fall is usually a busy season for our lodge so watch for upcoming activities and opportunities to be involved. In particular, we are planning for a fun, light-hearted, "talent show" (in quotes because we are encouraging non-traditional talents to come forward) as a feature of our Foundation Month meeting in November. Watch for news about that event coming your way soon.

Please consider what you might do to share a fun "talent" with your lodge friends to encourage giving to our Sons of Norway Foundation on behalf of Synnøve-Nordkap.

Until I see you again, I'm off to see if I can still juggle! Practice, practice, practice; I hope this vase isn't valuable!

Lowell Johnson, President



## District Convention & Nordic Midsummer Fest

Right: Walk for Scholarship participants: Connie Chrissis, Ingrid Bjorum, and Lowell Johnson helped raise over \$2,000.



Right: Lodge members prep and sell waffles at Nordic Midsummer Fest.



Above: Delores Jacobsen won first and third place ribbons for her beautiful Hardanger embroidery in the district convention folk art competition. The blue ribbon-winning piece was done on 25 count fabric and required 7 balls of perle cotton. It took about 130 hours to complete. Delores has been doing hardanger embroidery for over 20 years.



## Nordic Misdummer Fest



## Sons of Noway District 1 Convention



Below: Lowell Johnson earned many ribbons for his wood carvings in the folk art competition.



Above: Ron Stow earned a third place ribbon for his figure carving in the folk art competition.





# Secretary's Report

## **Synnøve-Nordkap Lodge #1 – 008 Board of Directors, Fireside Room at GA church, 6/7/2022**

Members in attendance: LaRee Opdahl, Mary Beth Mutchler, Dave Mutchler, Lynn Hoffmeyer, Ron Stow, Chuck Draheim, Jean Draheim, Jean Knaak, Susan Stow, Connie Chrissis, Dianne Anderson, Lowell Johnson; Guest: Sharon Amann

Chuck Draheim called the meeting to order and presided until Lowell arrived.

**APPROVAL OF AGENDA AND MINUTES**-Chuck: Minutes were approved by email before being printed in the Brevet.

**TREASURER'S REPORT**-Jean D: Jean listed checks to be written and asked for approval.

Chuck moved we accept the checks to be written this month. Connie seconded. Motion carried unanimously. Treasurer reports were incomplete, and we will receive them later.

Jean D said that with upcoming expenses for District 1 reimbursements, the Buck Hill Waffle event, and the picnic coming up we should consider transferring funds to the checking account from our investments. After some discussion, Connie moved we liquidate the Sons of Norway investment account and transfer those funds to checking. Dave seconded. Motion carried unanimously.

**SECRETARY'S REPORT**-Connie: The District will once again provide a \$500 grant to all lodges that request it. Chuck moved our lodge make the request for \$500. LaRee seconded. Connie will contact District Treasurer Claudia Bomier to request this grant.

Sons of Norway District 1 Facebook editor Mike Wick has sent lodges a YouTube video of the District Convention that can be posted on local lodge Facebook accounts.

LaRee: Our lodge has 240 active members. Audrey Huset passed away. Will follow-up on Sharon Folland who is listed as cancelled.

**DISTRICT 1**-Ron: Received excellent feedback regarding the convention other than too many stairs. The programs were wonderful. A change to the Mikal Kartvedt Fund was approved allowing funds to be made available to adults as well as youth. Lowell will give a recap on our lodge's resolutions.

Our lodge received the 2018 Large Lodge of the Year award. We also received Gold Merit Award for the years 2018, 2019, and 2021 and a Silver Merit Award for the year 2020 which recognize our lodge's dedication to fraternal ideals.

**RESOLUTIONS SUBMITTED BY OUR LODGE**-Lowell: Served on the Bylaws Committee which had initially wanted to table them due to a need for more clarification and discussion. By withdrawing both, we can resubmit them at a future date. If they had been tabled, we would not be able to introduce them again.

**PICNIC**-Mary Beth, Ron, Lowell: There are 52 people signed up to attend. Connie will send an e-blast as a reminder to RSVP by June 14. Old Southern BBQ will begin setting up at 530p. Arrive at 6p if you'd like to dance around the Maypole. Lynn will bring two tables. Mary Beth and Dave will pick up chips and ice cream sandwiches. The Stows have the PA system. Sharon will set up coffee. Membership pins will be awarded for years of attendance, and Wayne Bjorum will receive his 30 year pin. We will recognize scholarship awards and Skogfjorden campers.

**NORDIC SUMMERFEST**-Ron, Chuck, Jean K: We still need help manning the event and cooking day. June 17 will be waffle cooking day at GA. Chuck has the canopies and tables. He will transport them to Buck Hill with a trailer he has lined up at Hejney Rental. He has also rented a chafing dish from Hejney. They are looking for coolers for the food. They are also looking for the utensils that came from Nordic Waffles. Chuck is checking with US Foods about waffle batter. The toppings will be cinnamon/sugar, ham and cheese, and vanilla cream. The waffles will sell for \$5 each. After discussion, Connie moved we authorize \$1,000 for the Nordic Fest committee to continue. Chuck seconded. Motion carried unanimously.

**INTERNATION CONVENTION**-Ron: It will be virtual via Zoom. Ron is a District 1 delegate.

**NEW LAND NEW LIFE**-Lowell: Has been researching bringing NLNL to a video format. Stated the quotes he's received so far and will send the proposals to the Board for review and a thoughtful future discussion.

**CROW WING VIKING FESTIVAL**-Chuck: Mentioned that on Sat, August 13, there is an opportunity for our lodge to sell waffles at the event.

With no further business, the meeting was adjourned.

The next Board of Directors meeting will be Tues, July 5, 2022 at 7p via Zoom. (Cchrissis)

(Continued on page 4)



# Secretary's Report

(Secretary's Report, continued from page 3)

## **Synnøve-Nordkap Lodge #1 – 008 Board of Directors, Via Zoom, 7/5/2022**

Members in attendance: Lynn Hoffmeyer, Connie Chrissis, Jean Draheim, Chuck Draheim, Ron Stow, Susan Stow, Jean Knaak, Lowell Johnson, LaRee Opdahl, Audrey Waage, Pat Carlson, Mary Beth Mutchler, Dave Mutchler

Guest: Sharon Amann

Lowell called the meeting to order.

**TREASURER'S REPORT-Jean D:** Jean D received the check from cashing out our Sons of Norway General Fund account for \$5,761.56. It will be deposited on July 6, then reimbursement checks will be mailed.

Jean requested approval to pay July and August rent for storage at GA church totaling \$170. Jean K moved we do so. Chuck seconded. During discussion, Dave asked why we need to vote on this recurring payment every month. Lowell responded that once we have established a budget, recurring items will be addressed and no longer need to be brought up. Jean D stated this is our only recurring monthly payment. Connie suggested that, since that's the case, we could address it before a budget is completed. Jean K withdrew her motion. Connie moved we pay our monthly GA church expenses without needing Board approval unless there is a request to combine months of payments. This would allow us to watch cash levels on hand in the bank before approving. Jean K seconded. Motion carried unanimously.

**SECRETARY'S REPORT-LaRee:** Our lodge has 239 active members.

**NORDIC SUMMERFEST-Ron:** Ron summarized the report he had sent earlier to Board members thanking all who had volunteered. The committee met a week ago and decided the event was a success. Jean D reported we had an approximate: Income of \$2,115.60, Expenses of \$1,619.88 leaving a Net profit of \$495.72. Chuck suggested the Lodge look into obtaining its own account with Square for processing card payments at future events. Connie asked why the committee hadn't notified the Board of the need to increase spending past the \$1,000 cap that was authorized at our June meeting. Jean D replied they didn't have all of the totals until the event was over. Connie stated when there is a spending limit, the expenses need to be kept track of as if goes along. If we're going to take the time to discuss and vote on a spending limit, we need to follow that decision.

**PICNIC-Connie:** There were 66 in attendance with 12 no-shows. The total expenses were \$1,377.34. As many as 6 people either joined our Lodge or picked up applications to send in. LaRee asked that we post a great review of the food and service online. Connie will do so.

**SEPTEMBER MEETING-Jean K:** Has a couple of ideas in mind, but they aren't firmed up yet. Jean asked what yearly events in the upcoming months don't need programming ideas. October will be Foundation Month, and Gary L has suggested a program of members presenting short, fun, skits of 'skills' they have. Chuck asked if we'd be having the Torsk and Meatball Dinner in October. He thinks conditions are okay for doing this now, and it could be a fundraiser. Board was asked to bring proposals to our next Board meeting, and Chuck & Jean D will look into what is needed for the event. It was suggested that we invite other lodges and groups in our area this year.

December will hopefully be Julebord once again.

**NEW LAND NEW LIFE-Lowell:** Asked for feedback on the two recent video company proposals that he had shared with the Board. Many ideas for resources were given. Board agreed it's too early to proceed with the video at this time. Lowell will contact the bidders to let them know we need to explore our resources before going forward with the project.

**DISTRICT 1-Ron:** The District 1 Board will be meeting via Zoom on July 20 to get acquainted. He shared the July Leadership Resource Letter and asked Connie to send it out to Board members.

**WALK IN THE PARK-Audrey:** Was asked if it will continue, to which Audrey replied yes, it will ongoing the third Thursday of every month. She is checking into the possibility of doing Frisbee golf in September.

With no further business, the meeting was adjourned.

The next Board of Directors meeting will be Wed, Aug 3, 2022 at 7p via Zoom. (Cchrissis)



## The Art of Smørrebrød

by Connie Chrissis

This past June, I attended the Sons of Norway District 1 convention in Brainerd. Along with the meetings, caucusing, voting, and eating, everyone had the opportunity to participate in classes related to all things Nordic. I took a class called “The Art of Smørrebrød”. The class instructor, a retired home economics teacher named Sharon Carlson, did indeed show what an art smørrebrød can be.

As most of you already know, smørrebrød literally means “bread and butter”. Pronounced *smur brö* (roll the r, and the d is not pronounced), this traditional open-faced sandwich originated in Norway and Denmark.

The basic ingredients and levels are:

**Bread:** that holds its shape when sliced, usually dark varieties;

**Butter:** cover to all edges to prevent toppings from soaking through;

**Lettuce:** leafy to cover the entire slice of bread;

**Toppings:** whatever you like;

**Garnishes:** such as parsley, thinly sliced radishes or cucumbers, sprouts.

Here are some popular smørrebrød combinations:

- 1) Sliced tomatoes, sliced cooked eggs, pinch of salt, dollop of mayo, and sprig of parsley;
- 2) Cooked shrimp mixed with a little mayo, twist of lemon, and sprig of parsley or dill;
- 3) Thinly shaved ham, tomato wedge, pickle fans, and mustard mayo;
- 4) Cold scrambled eggs with chives, parsley, and tomato;



- 5) Shaved roast beef, dill pickle fan or purple onion rings, tomato wedge, horseradish mayo, and parsley sprig;
- 6) Thin slices of Danish Havarti or Jarlsberg cheese, radish slices, and parsley;
- 7) Pumpernickel bread, cream cheese, thinly smoked salmon, and thin cucumber slices.

There are hundreds of combinations that can be enjoyed, and I’m sure many of you have your own favorites. Be creative. There is an etiquette for eating smørrebrød, too. To start, if you’re served several different sandwich types, always start with pickled herring, then other fish, then meat, and then cheese. When served at a meal, it is customary to pass a dish of sliced breads (dark is preferred) and then to pass around each dish of toppings, and people help themselves.

Smørrebrød is always (always!) eaten with a knife and fork. Sharon suggested eating smørrebrød in the “European style” with the fork upside down in your left hand and knife in your right – never putting them down. To accompany our smørrebrød tasting, Sharon made an absolutely delicious Cold Apple Soup, which appears in the foreground in the picture of our buffet counter. It may make an appearance at Julebord this year, if we’re able to have it!





## Bulletin Board

### It's a Walk in the Park!



"It's a Walk in the Park" at 1 pm on third Thursdays, August 18th and September 15th, at the Muriel Sahlin Arboretum, 2525 North Dale St, Roseville, MN. Come, walk and talk, and enjoy the beautiful flower gardens in full bloom.

Disc Golf outing at Kaposia Disc Golf Course, 1028 Wilde Ave, South St Paul, MN 55075, on Tuesday, September 20th at 10 am. No pre-registration is needed. There is a \$5 individual charge and each person will need three discs or frisbees to play. Disc sets can be rented at Kaposia, but another option is to buy an inexpensive starter set in advance to practice and get a head start! I found mine on Amazon...

<https://www.amazon.com/3-Disc-Beginner-Starter-Divergent-Discs/dp/B08L5FBSR7>

Be inspired by watching the pros at the Oslo Open...

[Oslo Open 2015 - Final round...](#)



### For Information:

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

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

### Genealogy Group

The Genealogy Group will be meeting on Saturday, September 3 from 10 am to noon via Zoom. Let us help you learn how to begin researching your ancestry and the role that DNA testing plays in your search. Newcomers are always welcome.

### Norwegian Language Classes

"SON Norwegian Language Lessons" Tuesday class; September 13, 6:30-7:00 PM at Gustavus Adolphus Church before the meeting in the back corner.

"Norsk Nordmenn og Norge" text & "Ny i Norge" book

Wednesday Class, September 14 & 28, 1:00-2:30 PM at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119

Welcome to new members!

Please contact Class Facilitator Sheryl Hove at [sherylhove12@gmail.com](mailto:sherylhove12@gmail.com) or 651-738-4908 for information.

### For Your Safety

The safety of our members is our top priority. When attending lodge meetings/events, please follow personal safety measures such as:

Be aware of your surroundings.  
Walk with at least 1 other person.  
Walk and park in well-lit areas.  
Don't leave valuables in your vehicle.  
Lock your vehicle.

## **Report on Waffle Sales at the Nordic Midsummer Fest June 18, 2022, Burnsville, Minnesota**

The sale of waffles by our lodge has been deemed a success. Was it a total success? Let this report answer this and other questions.

The Waffle Committee met three times in person and communicated several times through emails. Jean Knaak, Lowell Johnson, Chuck Draheim, and Ron Stow made up the initial committee, with Jean Draheim, Susan Stow, Jill Hanson, and Lynn Hoffmeyer joining in later. This group became the set-up group on the day of the Fest. Arriving at 6:30 am, they set up the canopy, tables, waffle irons and everything else necessary for the booth. Special thanks to Lynn for providing the canopy and the system for hanging the booth banner.

Let's back up a day to Friday, June 17, when 10-12 lodge members came to the Gustavus Adolphus Church kitchen to prepare the fillings for the waffles and practice using the waffle irons. This turned out to be a wise decision in making the entire experience successful. Thanks to Jean Knaak for her work on determining the amount of each ingredient per serving.

Now forward to Saturday. The waffle-makers got the irons fired up early. Thanks to Chuck Draheim for his help with the industrial waffle irons from Norway. Menu boards, made by Lynn and written out by Susan, showed the list of waffles with fillings, which included butter, cinnamon, and sugar; berries and cream; lingonberry and cream; and ham, cream cheese and dill, which was the most popular waffle. Waffles sold for \$5.00. A berry juice pouch was also available for \$1.00.

The first customers showed up before the 9:00 opening time. The waffle line quickly found its rhythm and was running smoothly thanks to the wooden paddles made by Lynn Hoffmeyer used to lift the waffles from the irons. Then the electricity went out for about thirty minutes. That used up the waffles which had been made in advance. From then on, the crew was making waffles two-at-a-time barely keeping up with the line of customers which

was, at times, 15+ people who patiently waited for what they knew would be a delicious treat.

The whole procedure was a smooth one, starting with the ordering where the cashier filled out the waffle ticket and took the money. Draheims provided the online Square system to take credit cards. The customer then took the ticket to the waffle-servers at the other end of the booth. The servers received waffles from the waffle-makers who filled them with the ordered fillings and handed the waffles to the customers. The tickets were stored and then used to keep track of how many of each kind of waffle were sold. Thank you, Jean Draheim, for the idea of the ticket system.

Although we started to close the booth shortly after six o'clock, customers were still in line, and the last waffle was served at seven o'clock. The take-down group got everything packed and headed home at 7:30 pm.

Mange tusen takk to the committee who became the set-up and take-down groups. It was, indeed, a long day for them. A special thank-you to Jill Hanson, Jean Knaak's daughter, for serving as our state-certified food advisor. And thanks to those who volunteered to serve on the waffle line. All of you helped to make this a successful adventure.

On Monday, June 27<sup>th</sup>, the Waffle committee met to review the process of the waffle sales. They discussed the plusses and the minuses of the venture. Everyone agreed that it was a success. The committee made recommendations for improving the minuses and will propose changes for next time the lodge sells waffles. Bottom line: profit \$495.72. Thanks to the volunteers who made the waffle sales a success.

Chuck Draheim, Jean Knaak, Jean Draheim, Leslie Oliver, Jill Hanson, Astri Stow, Dave Hegdahl, Jared Stow, Shirley Hegdahl, Owen Stow, Lynn Hoffmeyer, Ron Stow, Lenore Jesness, Susan Stow, Marget Jesness, Jana Velo, Lowell Johnson, Kaia Velo, and Audrey Waage

Sasha Aslanian and Pat Carlson had also volunteered but were unable to attend. Ken Bjork made a donation to the Scholarship Fund in place of working at the booth. Tusen takk!



*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, 2018  
Family Lodge of the Year in 2006, 2008, 2013, 2016, 2017, 2018  
Visit Synnøve-Nordkap online: <https://synn-nord.org>  
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Date	Event	Location
Wednesday, August 3, 7 PM	Board of Directors Meeting	Virtual meeting via Zoom
Thursday, August 18, 1 PM	It's a Walk in the Park	Muriel Sahlin Arboretum, Central Park 2525 Dale St N Roseville MN 55113
Saturday, September 3, 10 AM - Noon	Genealogy Group Meeting	Virtual meeting via Zoom
Tuesday, September 6, 7 PM	Board of Directors Meeting	Virtual meeting via Zoom
Tuesday, September 13, 6:30 PM	Norwegian Language Lessons	Gustavus Adolphus Lutheran Church 1669 Arcade St. St. Paul, MN 55106
Tuesday, September 13, 7 PM	Monthly Lodge Meeting	Gustavus Adolphus Lutheran Church
Wednesday, September 14 1 - 2:30 PM	Norwegian Book Group	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Thursday, September 15, 1 PM	It's a Walk in the Park	Muriel Sahlin Arboretum, Central Park
Tuesday, September 20, 10 AM	Disc Golf Outing	Kaposia Disc Golf Course 1028 Wilde Ave South St Paul, MN 55075
Wednesday, Sept. 28, 1 - 2:30 PM	Norwegian Book Group	SunRay Library