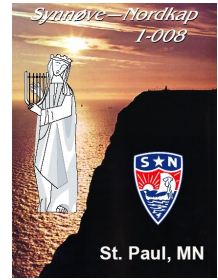




SynNor Brevet

Synnøve-Nordkap
Lodge #1 - 008

February 2023
Issue Number 23 - 02



Front Page News

Back to Norway: How much Norway can you fit into 12 days? February Lodge Meeting & Chili Dump

Our speaker for the February meeting is **Jana Velo**, member of Synnøve-Nordkap and editor of *Viking* magazine, E-Post, and *Viking for Kids*. Since 2014, Jana has served in various cultural roles at Sons of Norway international headquarters. Her experience growing up in the Peer Gynt Dancers and Synnøve-Nordkap lodge has helped Jana create cultural content such as interviews, language tidbits, recipe demos, and the recent virtual advent calendar.

After two years of Covid restrictions, Jana decided it was time to travel back to Norway. She and her sister Jen planned a trip that would not only bring them closer to their living relatives, but also to the sites that their ancestors had left behind. Sampling a wide array of Norwegian foods, they hiked scenic vistas, and road-tripped between cities and mountains, absorbing as much modern and traditional culture as possible.

The February lodge meeting will also feature a chili dump, which you can read about as part of Chuck Draheim's "President's Letter" on page 2. Don't miss it! We hope to see you on **Tuesday, February 14th at Gustavus Adolphus Lutheran Church (address on page 8) at 6:30 PM.**



President's Letter

God dag, alle samen! (Hello, everyone!)

Can you believe that January is already behind us? What a month it was with record snowfalls and mild temperatures by Minnesota standards. As I write this we are experiencing a really brutal cold snap the likes we haven't seen for most of the month.

The lodge meeting for February will feature the return of the popular Chili Dump. Sheryl Hove has graciously stepped up to coordinate the meal. Please contact her at sherylhove12@gmail.com or (651) 738-4908 and sign up to provide chili, cornbread, or condiments. For those of you who have not experienced this unique event, here is how it works. Some lodge members sign up to provide a batch of their favorite chili recipe, usually about one-half gallon, which is then "dumped" into a communal pot, reheated, and then served. It sounds crazy, but we usually end up with a really nice pot of chili. If you prefer not to provide chili, you may sign up to bring your favorite cornbread, shredded cheddar cheese, sour cream, butter, or honey to round out the meal.

On February 26th Norway will be the featured country at Urban Expedition, which is held at Landmark Center in downtown Saint Paul.

Landmark Center's popular Urban Expedition™ program provides families with an opportunity to learn about the world right here in Saint Paul's own backyard. In its 19th season, five individual programs will provide authentic cultural experiences that include music, dance, crafts, and traditions from different destination countries. Urban Expedition is a part of Sundays at Landmark, an event series produced by Minnesota Landmarks, the nonprofit programming and management agency for Landmark Center. Urban Expedition is sponsored by Ramsey County, Ecolab, Xcel Energy Foundation, RBC Wealth Management Travelers and Global Minnesota. (Credit: Urban Expedition website)

Lowell Johnson has been spearheading the effort to make this event a huge success. The other members of the core group are: Ron & Susan Stow, Jean Knaak, Jana Velo, Lenore Jesness, Jill Hanson, Lynn Hoffmeyer, and Chuck & Jean Draheim. (My apologies if I missed someone.)

There will be performances by the Peer Gynt Dancers and Rachel Ulvin Jensen (Hardanger Fiddle). Jean Knaak is putting together a Bunad Parade and is looking for members to model their bunad or to loan the lodge a bunad for someone else to model. Lenore Jesness will be seeking members to staff tables featuring the lodge's genealogy and language programs. There will also be a table featuring information about our lodge and Sons of Norway in general. Ron Stow will be putting up an abbreviated display of our *New Land, New Life* exhibit. (<https://www.landmarkcenter.org/urban-expedition/>)

Please step up and volunteer to help at this event. This is a great way to promote Norwegian culture our lodge and Sons of Norway in general. If you are unable to volunteer, then don a Norwegian sweater and just enjoy the event!

Ha det så lenge. (Bye for now.)

Chuck Draheim, President



Secretary's Report

Synnøve-Nordkap Lodge Meeting #1-008 January 10 at 7pm

- President Lowell Johnson called the meeting to order.
- **Members attending:** 23
- **Guests:** 5
- **Birthdays:** Happy Youngs and Jan Osmonson
- **Anniversaries:** None
- **Installation of 2023 Officers:** Lowell introduced Zone 9 Director Jan Osmonson who conducted the installation. New President Chuck Draheim then became meeting host.
- **Chili Dump:** The February lodge meeting will be this annual event. Sheryl Hove sent a sign-up sheet for volunteers to donate food and help at the event.
- **Urban Expeditions:** As event Chair, Lowell spoke of the plans so far. There will be a bunad parade, the Peer Gynt dancers will perform, a Hardanger fiddle player, and the lodge will be selling waffles. Chuck will be leading the waffle preparation. Vendors have been invited to sell their Norwegian items. Jean Knaap is Chair of the bunad parade. Lowell will be having a core group organizational meeting later this week.
- **Czech curling event:** Chuck mentioned there's a possibility for our lodge to participate in this event which will occur in April. More information to come.
- **Speaker:** Jean K. introduced Sandra Bestland for a program about leprosy in Norway.
- **Genealogy Group:** Susan Stow and Astrid Elizabeth Stow presented a video about how the genealogy group can help members trace their genealogy through such things as a marriage license. The next Genealogy Group meeting will be Sat., Feb. 4 at 10a.
- **Door Prize:** Winner of \$10 Lenore Jesness

Minutes from the January 3 board meeting are unavailable. For more information, contact President Chuck Draheim pres.synn.nord@gmail.com

2023 Lodge Scholarship Applications Now Available

Applications for scholarships available from Synnøve-Nordkap for 2023 are now available on the lodge website. <https://synn-nord.org/scholarships/> Junior Lodge members as well as children or grandchildren of active lodge members are eligible to apply for Synnøve-Nordkap postsecondary (deadline March 18) and language camp (deadline February 18) scholarships for 2023. Information, applications, and links to language camps and additional Sons of Norway resources can be found by following the above link. In-person camps are currently planned for Skogfjorden, Norwegian language immersion camp, for summer 2023. Synnøve-Nordkap also offers its adult lodge members the opportunity to apply for the Nordic Experiences Scholarship on a year-round basis to help with the cost of exploring their cultural heritage from a regional folk school, local museum, or even language camp. Visit the above link for additional information and application.

Sports and Recreation News

February is Friluftsliv month. Challenge yourself to experience friluftsliv (outdoor life) on at least half of the days of February. Post photos and anecdotes on Facebook, Twitter, or Instagram with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway. Encourage your friends and family to join in!

Here are a few ideas: watch a sunrise or sunset outdoors, chop wood, head to the dog park, hike in a nature preserve and pack some classic Norwegian trail snacks, such as oranges and chocolate!

Find more ideas at sofn.com/friluftsliv

Urban Expedition

By Chuck Draheim

Urban Expedition is fast approaching and we need all hands on deck to make this a successful event.

One part of this that I would like to emphasize is waffle sales. This is the only part of the event where we will be selling to the public, and we need volunteers on Saturday, February 25th to bake the waffles and prepare the fillings for sale on Sunday the 26th. The baking day will be at the CSPA Hall located at 383 Michigan St. in Saint Paul. Volunteers are also needed to set up, operate, and tear down the food sales area on Sunday the 26th. Please keep an eye out for an E-Blast from the lodge which will include a link to a SignUpGenius sign-up sheet for the waffle portion of this project. The sign-up sheet will also be available at the February lodge meeting. During the event, shifts are only one hour long, so you will have plenty of time to enjoy the other parts of the event. **Profits from the waffle sale will be used to help fund our scholarship program.**

There are also many other opportunities to be involved with this event. Please volunteer to help with any of the other activities available when you are asked.

Coffee Donation from Oslo Coffee

By Chuck Draheim

Last summer Jean Knaak made us aware of Oslo brand coffee. They are a small coffee roaster located in New York with three retail locations as well as an online store. I perused their website and found a place to request a donation of coffee from them. I reached out to them asking for a coffee donation to be used at Urban Expedition. I didn't expect any response, but what I received from them floored me! Here is what I received:

Good afternoon, we received your donation request and I thought I'd send a little note in reply. It is truly a small world that we live in. We generally keep our donations to within our direct community of our cafe locations in Brooklyn and Manhattan. However, I am personally quite familiar with White Bear Lake as I have family that lives nearby. It is always a charming place to visit. I smiled when I saw that this donation would be helping to fund scholarships to Skogfjorden, as I was a camper there myself many, many, years ago. We'd be happy to send some coffee your way for your event. It would be helpful to know if you have a grinder on site- and if not, we will need to know how you brew your coffee. We will adjust the grind accordingly.

*Kind regards,
Kathy Uggen-Merget, Oslo Coffee*

Wow! They are sending us six pounds of ground coffee; that is nearly \$100 worth of their product. Isn't it gratifying to know that a direct connection to Skogfjorden and the White Bear Lake area resulted in a donation that they would not ordinarily have made?

The Lofoten Cod Fishery

by Don Halvorson

During the dark winter months when the Gulf Stream begins to warm the colder waters of North Norway, it is time for the North Atlantic cod to begin their annual spawning run. The fish, called *skrei*, start leaving their home waters of the Barents Sea, and slowly move south along the ocean floor searching for the right water temperature to complete their undertaking. By Christmas they have reached Tromsø on the western coast of Finnmark, and by January, the Lofoten Islands. It is here, in this archipelago that the majority of these fish have chosen to end their long journey, creating every January to April, one of the largest cod fisheries in the world.

No matter the number, every year for centuries, the cod have returned to the Lofotens. So have the thousands of fishermen from all over north Norway. They first arrived in their open boats of wood. Those who came early slept in *Rorbuer*, the tiny wooden cabins built to house these fishermen.

Those who came later slept under their boats or rented space on open land nearby. It was not uncommon for twelve men to share a cabin holding four beds. Beds so small, that men slept sitting up, often with two men to a bed.

It is believed that cod have been around in the Lofotens since the end of the last Ice Age. The first Norwegians, the Komsa and Fosna, included cod in their diet. Vågar, a Lofoten Viking age export fishery, is mentioned in Ketil's saga. Proof of that came with the discovery of Atlantic cod bones found at excavation sites in Germany, which have been traced back to the Viking fisheries in the Lofotens.

Around 1100 AD, a viable market for dried cod emerged in England and on the North Sea

and Baltic coasts of Europe. With more people flocking to towns, fewer people were growing food. More food had to be imported.

Townpeople, clergy, and soldiers all needed food for sustenance. During Lent and other Christian festivities, meat was not permitted, but eating fish was acceptable. Stockfish from the North was the answer. Dried cod supplied all the nutrients needed with a quarter of the weight. It required no special packaging to ship and could be easily stored once it reached its market. It had a long shelf life and needed no further conservation from salt or other expensive preservatives.

From the beginning, all of the stockfish trade had taken place in the Lofotens. Fish were caught, processed, and hung on the high racks

to dry. But as the trade grew, another small town in the southwest coast of Norway would become very important. Established in 1070, Bergen soon became a permanent port for the exportation of stockfish to the continent. By the 14th Century, ships transporting cod from Lofoten ended their journey at Bergen instead of continuing on to

the Baltic. The Hanseatic League, with its connecting ports on the Baltic, would ship it from there. The Hanseatic League faded away in the middle of the 16th century, but Bergen still remained Lofoten's dried cod destination to the end of the 19th century.

Dried fish was Norway's first major export. Its profits were influential in the formation of the Norwegian state and the building of the Nideros Cathedral. Today, much of the cod fishing traditions remain, but fishing electronically has made finding the fish much easier. The Lofoten drying racks are still in use, but the small fishing cabins have been upscaled and are now a destination mainly for tourists.

<https://www.lifeinnorway.net/history-of-lofoten/>



Sunshine News

We extend our sympathy to Laura Sherman and family on the death of their husband and father, Frank, who passed away January 12. His funeral was Thursday, January 19 at St Pascal's Catholic Church in St. Paul.

May their shared memories sustain them in their grief.

Sunshine News

We received word from Erna McGuire's daughter that Erna fell last Fall and broke her hip. She had surgery and is doing well in rehab. Erna was very active before her fall and is anxious to return to her daughter's house. Erna will celebrate her 100th birthday this year.

Cards for a speedy recovery, "best wishes", etc. would be appreciated:

Erna McGuire
P.O. Box 693
Minooka, IL 60447-0693

Urban Expeditions: Bunad Parade

On Sunday, February 26, 2023, our lodge will be presenting the Norwegian Program at Urban Expeditions at the Landmark Center. This is a wonderful way to share our Norwegian heritage. One of our programs will be a bunad parade. If you have a bunad and would be willing to model or to use another model, either male or female, please let me know. I will be coordinating the bunad show, so please contact Jean Knaak if you can be a part of this special activity: knaak002@gmail.com or 651-357-6139.

Sports and Recreation Director

Synnøve-Nordkap is looking for someone to step forward to fill the position of Sports and Recreation Director. There is also an opening for a marshal. For more information, please contact Ron Stow (stowronald@gmail.com).

Norwegian Language Classes

"SON Norwegian Language Lessons"

No class on Tuesday, February 14, 6:30-7:00 p.m.
at Gustavus Adolphus Church before the meeting.

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

Wednesday Class, February 15 & March
1, 1:00-2:30 p.m.

at SunRay Library, [2105 Wilson Ave., St. Paul, MN 55119](#)

WELCOME to new members!

Genealogy Group

The February Genealogy Group will be meeting on Saturday, February 4th from 10 am to noon via Zoom.

Don't know where or how to start tracing your family history? All you have to be is curious. Join the Zoom meeting and we will help you get started.

A link to the Zoom has been emailed to all lodge members.

For Information:

Chuck Draheim, President:
pres.synn.nord@gmail.com

Ingrid Bjorum, Brevet Editor: ingrid@steinmetz.org
Sons of Norway HQ: https://www.sofn.com/contact_us/

Lodge News

JUNIOR LODGE UPDATE

In Viking times, Norwegians who lived by the sea ate plenty of fish! When the nets were full, fish could be salted and saved in barrels or dried on wooden racks for winter. Our Junior Lodge “Vikings” weren’t out fishing, salting, or drying fish in January. We were just tossing a couple of frozen fish as far as possible. Some tried an overhand throw and others did the underhand toss. Each competitor got two chances to beat their record from the previous year. First place this year was Owen with 39’ and 40’. Killian came in second at two tosses of 27 feet each. Anders was our next winner with 23’ and then 20’. Astri threw 18’ twice, while Anna’s tosses were 16’ and 15’. Prizes awarded were various flavors of goldfish crackers and a package of gummi frogs. No doubt, real Vikings would have objected to wasting fish, although they did relish competitions of strength and agility.

Although the weather forecasted for January 14th was for 30 degrees in the afternoon, the temperatures on the windy field seemed much colder. We continued our “fitness training” indoors with dance rehearsal, trying to learn the words to a song dance and to perfect the footwork while leaning left and right.

We are looking forward to performing at the Landmark Center’s Urban Expedition on Sunday, Feb. 26th at 1:00. Please come to celebrate the art and culture of Norway with us!



2023 Board of Directors is sworn in at the January Synnøve-Nordkap lodge meeting.



Jan Osmonson installs Chuck Draheim as lodge president for 2023-2024.

Lodge Photos by Taffy Storck

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>
<https://www.flickr.com/photos/synnor/albums>
<https://peergyntdancers.wordpress.com/about/>
<https://www.facebook.com/SynnoveNordkap/>

Date	Event	Location
Tuesday, February 7, 7 PM	Board of Directors Meeting	Virtual meeting via Zoom
Saturday, February 4, 10 AM - Noon	Genealogy Group Meeting	Virtual meeting via Zoom
Tuesday, February 14, 6:30 PM	Monthly Lodge Meeting	Gustavus Adolphus Lutheran Church 1669 Arcade St. St. Paul, MN 55106
Wednesday, February 15, 1 - 2:30 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Sunday, February 26, 1- 3 PM	Urban Expedition Norway	Landmark Center 75 5th St. W. St. Paul, MN 55102
Wednesday, March 1, 1 - 2:30 PM	Norwegian Language Lesson	SunRay Library
Tuesday, March 7, 7 PM	Board of Directors Meeting	Virtual meeting via Zoom