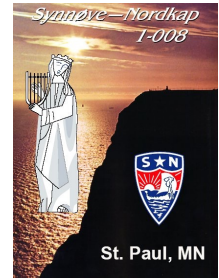




SynNor Brevet

Synnøve-Nordkap
Lodge #1 - 008

March 2024
Issue Number 24 - 03



Front Page News



Friluftsliv – Outdoor Life Is Available Near You

Our Norwegian ancestors got plenty of fresh air doing their daily chores and routines. We may need to set aside time in our daily schedules to do outdoor activities, even in the winter.

Perhaps you have been able to take advantage of the recent snowfall to do some skiing or snowshoeing, or even kick sledding. Just a walk in the fresh snow would be invigorating.

At the recent World Cup Cross-country Ski Races in Minneapolis, my daughter and I were able to get some cold, fresh air, along with some exercise. Walking around the Loppet at Theodor Wirth Park, we were able to find the perfect spot from which to watch our local hero, Jessie Diggins, compete in the sprint races. Perhaps some of you were also among the 20,000+ spectators.

You may have some daily chores, as did your ancestors, such as shoveling snow, chopping wood, or ice fishing. Whatever it is you do outdoors in the winter, please share a photo of you doing it. Send it to your sports and recreation director at stowronald@gmail.com



Synnøve-Nordkap Lodge Meeting

Tuesday, March 12, 6 PM

Program: Dust Yourself Off

Tricia Velure and Tom Sandhei will be our guest presenters and will be discussing their 2023 book, *Dust Yourself Off: The Gravel Road to a Good Life*. It is the true story of Muriel Sandhei, a North Dakota farm woman who, in the 1940s and '50s, "dusted herself off many times." Tricia tells us, "If you like inspiring stories of everyday women who get whispered about at ladies' aid lunches . . . Or if a good love story gets you every time . . . You will want to read Muriel's story!" Books will be available to purchase.



Tricia Velure grew up on her family's farm near Kathryn and graduated from Litchville High School. She earned degrees in English and history from Valley City State University and a master's degree in history from North Dakota State University. In 2019, she started her personal history business, Storyography, to help elders share their life stories with their families. Tricia lives in suburban Saint Paul, but loves to return to the farm, which four generations of her family have operated since 1904.

Tom Sandhei grew up on his parents' and grandparents' farms near Fort Ransom in the 1940s and '50s. Following his graduation from Fort Ransom High School, Tom received a bachelor's degree from Valley City State College. He taught upper elementary students his first few years, during which he became interested in school administration. He then earned a master's degree in elementary school administration from North Dakota State University. Tom's career in education spanned almost 40 years. Tom married Linda Edwards in 1965, and the couple raised three children before she passed in 2015. He lives in suburban Saint Paul and is a new Synnøve-Nordkap member.

March 12th Meal

Our light supper at the March Sons of Norway Meeting will be another fabulous homemade meal. Randy and Happy Youngs joined us last year from the lodge in Racine, Wisconsin, and this month we will be enjoying Happy's mother's recipe for sloppy joes. The Youngs have shown leadership in establishing our meal program. **The meal will be served at 6:00 pm, and the meeting will start at 6:45 pm.**

Reminder - Join in Contributing to Meals

We continue to look for volunteers to prepare the main dishes and to donate accompaniments & treats for our meetings. Those who provide the main dishes will not need to pay the \$5 fee at that meeting. Again, our lodge is a good deal!! Please volunteer before you are asked.

All are welcome at our monthly meeting at

Gustavus Adolphus Lutheran Church

1669 Arcade Street

St. Paul

We hope to see you!

President's Letter

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Dear Members,

At the March lodge meeting, we are having sloppy joes for our lite supper. I was told by Happy Youngs that she will be using her mother's recipe. I'm sure it will be good! I hope you all will come.

I have to say, "Cheers," to lodge Cultural Director Jean Knaak. Her monthly programs are fantastic. Thank-you, Jean!

This March is going to be busy for everyone with St. Patrick's Day and Easter. I hope you all have a great and healthy St. Patrick's and Easter!

Synnøve-Nordkap President, Kathy Kaluza

District News

District Convention

In August 2024, the Sons of Norway district convention will be held at the Holiday Inn on Hudson Blvd in Lake Elmo, MN. With the convention taking place so close to home, please begin to think about representing Synnøve-Nordkap as a delegate or simply as a lodge member at some of the convention activities and events. Watch future issues of the *SynNor Brevet*, the lodge website, and your email inbox for more information about how to get involved.

Secretary's Report

Secretary's Report

Beginning with this issue of the *SynNor Brevet*, the "Secretary's Report", which consists of Synnøve-Nordkap board meeting minutes and lodge meeting minutes, will no longer be published in the newsletter. Meeting minutes will, however, be available on the lodge website. This change will allow for more immediate publication of the minutes as well as provide additional space in the monthly newsletter for feature articles, photos, and information about lodge & district members & events. You will be able to find the "Secretary's Report" on the Synnøve-Nordkap website <https://synn-nord.org/contact/board-meeting-minutes/>. If, however, you want to continue to receive a paper copy of the meeting minutes, you may pick-up a copy at the next lodge meeting, or you may request one by contacting newsletter editor Ingrid Bjorum at ingrid@steinmetz.org or 651-335-3526 or Dave Mutchler at 651-484-8872 or dmutchler@q.com. Your continued support makes Synnøve-Nordkap the vibrant and thriving lodge it is today!

JUNIOR LODGE UPDATE

Our February meeting “skald” story centered around the Christmas Day tale in 1205 A.D. of the Birkebeiner and the two warriors with feet and legs wrapped with birch bark. These brave warriors carried battle axes and a spear, but more importantly they carried the infant son of King Sverri across the mountains to save him from rebels who were trying to claim the throne. The Baglers, who controlled eastern Norway and both sides of the Oslo fjord, wanted power to control the country. King Håkon Sverresson of the Birkebeiners was poisoned before his baby was born. To save the future king, his mother Inga and the two best skiers (Skjervald Skrukka & Torstein Skjevla) plan to take the young prince to Trondheim. Eventually they reach the Birkebeiner court safely. The prince grew to become the king who united Norway after 1000 years of civil war.

The name Birkebeiner was given by the Baglers, intending insult - they were too poor and incapable. Now the name represents strength and endurance.

In 1930, a forester and author Haakon Lie published an article with the idea of a ski race in honor of the 1206 rescue of the 18 month old prince, Haakon Haakonsson.

We shared pictures of the Birkebeiner race in Norway at Sjusjøen above Lillehammer. The Inga-Låmi race that starts in Varteig, Norway home of the mother of the infant prince. It is strictly a women's race of 15 or 30 km. the week before the Birkebeiner. A 5 km race is a costume party on skis.

Each dancer tried lifting a backpack with the same weight of the prince. Passing a birch log around the group gave the children a chance to see how awkward it would have been to strip the bark off logs to wrap around their legs. Awkward perhaps, but waterproof, too.

The 50th American Birkie is a race from Cable to Hayward, Wisconsin that started in 1973. It is a 35 mile cross-country ski marathon. Each year more than 10,000 skiers participate in either the 29 km or the 15 km Prince Haakon events. The average person completes the Birkebeiner in about 4 hours. In the summertime, this Wisconsin course becomes a bike race just like in Norway.

Our dance rehearsal was in anticipation of an all Scandinavian event at the American Swedish Institute on Sunday, March 3rd. The Peer Gynt Dancers will be first on the program at 10:00 A.M. You might enjoy coming to this performance indoors.



Members brought some beautiful family memorabilia to show off at the February lodge meeting. Thank-you, Jean Knaak, for your wonderful programs! And, many thanks to those members who shared their stories. Sharing our family stories keeps history alive.



There's Still Time: 2024 Lodge Scholarships

Scholarship applications for 2024 language camps and for the 2024-2025 postsecondary academic year from Synnøve-Nordkap are now available on the lodge website. <https://synn-nord.org/scholarships/> Please note: As part of your Synnøve-Nordkap language camp scholarship application, you will be asked to disclose all other camp scholarships/financial assistance you have received for 2024 camp.

Deadlines for lodge scholarship applications are as follows:

Postsecondary - March 18, 2024 & Language Camp - May 15, 2024

If you or a family member is interested in attending Masse Moro or Skogfjorden Norwegian language camp or will be pursuing postsecondary education, please take the time to carefully read the "Scholarships" page of our lodge website. Scholarship Director Jill Hanson has compiled and provided an abundance of information about financial assistance available to students. Please direct questions about lodge scholarships to Jill at: jillhanson65@gmail.com

Mystery Painting

Does anyone recognize this painting? It was donated several years ago for one of our lodge's silent auctions. Ron Stow has identified the farm depicted in the scene as the Tisthamar farm near Tistam Norway in the Sogn og Fordane district. Located on the Utfjord, the farm offers fishing outings for anglers. The name of the artist is a little hard to discern, either Håkon Hatlen or Watlen. Perhaps one of our members recognizes this name or the painting and can give background information about it. Our member who purchased it back then would appreciate any information you can provide. Reach out to Ron if you have any information. 612-845-0393 or stowronald@gmail.com



Famous Norwegian: Bob Fosse



Bob Fosse was an American actor, choreographer, dancer, and film and stage director of Norwegian descent. Fosse was signed to an MGM contract in 1953. His early screen appearances as a dancer included *Give a Girl a Break*, *The Affairs of Dobie Gillis* and *Kiss Me Kate*, all released in 1953.

Fosse's choreography of a short dance sequence in *Kiss Me Kate* and dance with Carol Haney brought him to the attention of Broadway producers. He directed and choreographed musical works on stage and screen, including the stage musicals *The Pajama Game*, *Damn Yankees*, *How to Succeed in Business Without Really Trying*, *Sweet Charity*, *Pippin*, and *Chicago*. He directed the films *Sweet Charity*, *Cabaret*, *Lenny*, *All That Jazz*, and *Star 80*. Fosse's distinctive style of choreography included turned-in knees, the "Fosse Amoeba", sideways shuffling, rolled shoulders, and "jazz hands".

He is the only person ever to have won an Oscar, Emmy, and Tony awards in the same year, 1973. He was nominated for four Academy Awards, winning Best Director for *Cabaret*, and won the Palme D'Or in 1980 for *All That Jazz*. He won a record eight Tony Awards for his choreography, as well as one for direction for *Pippin*.

The Artists of Lofoten

by Don Halvorson

To many early travelers to North Norway and the Lofoten islands, the scenery was not found to be all that appealing. In 1827, on his journey through the region, district governor Gustav Peter Blom wrote in his notes that, in his mind's eye, there was nothing pleasing about the surroundings. To him, the endless sea, the sharp, rugged mountains, the rustic, and unkept wood settlements were completely lacking in beauty.

That would all change with the rise of Norway's National Romantic movement in the mid-19th Century.

Suddenly, nature took on a new meaning. What was once bleak or ordinary was now inspirational and beautiful. Writers and artists immersed themselves in it to bring it to light.

By the 1880s, steamships had begun traveling to the north, making it easier for people to get around. Among the travelers was a 44 years old artist from Christiana named Otto Sindling. He would be the first painter to successfully bring the natural beauty of the Lofotens to canvas. When his paintings were exhibited in Christiana, Paris, and Germany, they became an inspiration for other artists to move there and join him.

The 1890s would become Lofoten's Golden Age of painting. Along with Sinding and Solvør-born Gunnar Berg, the colony began to grow. Soon it would include Ole Juul, Even Ulving, Adelsteen Normann and Thorolf Holmboe; all were aspiring painters with talent looking for new creative motivation. Together they began painting the

sea and the mountains, the Lofoten fishery, its people, wharves, and street life, which would soon be recognized as a new and distinct genre of Norwegian Romantic painting. Even several eminent artists from the south, Theodor Kittlesen and Christian Krohg, were motivated to create some Lofoten theme paintings, after experiencing this newly discovered locale on their travels.

Today many of these paintings can be found at Galleri Lofoten in Henningsvær, a quaint fishing village and tourist destination located on the Lofoten island of Åustvågøya. Surrounded by dozens of small fishing boats, this gallery is located in a former fish processing plant on the harbor front. In

addition to the Golden

Age permanent exhibit, the museum offers opportunities for selected contemporary North Norway artists to display their work and often plays host to popular musical and cultural events. Close by is the Kaviar Factory, another large building that allows space for artists to exhibit.

Two centuries later,

the arts are still going strong. Galleries both large and small are found everywhere. Artists continue to paint there, but now the islands have become a hotbed for other creative arts. Graphic artists thrive there, embracing the elements of the islands' legacy, creating contemporary designs that resonate with all groups, young or old. Jewelry designers also get their inspiration from their surroundings and drawing from the elements and the simplicity of Lofoten's lifestyle. Textile and glassblowing artists working there design their pieces, not only to reflect the beauty of the islands, but to be above all, functional.

<https://nordnorge.com › artikler=the-golden-age-is-viv...>
<https://www.galleri-lofoten.no › ...>



Norwegian Language Classes

Tuesday Class: March 12, **5:30-6:00 p.m.** (Note time change)

at Gustavus Adolphus Church before the Lodge Meeting.

"Sons of Norway Norwegian Language Lessons"

Wednesday Class: March 13 & 27, 1:00-2:30 p.m.

at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119.

"Norsk Nordmenn og Norge" textbook and "The Mystery of Nils" textbook (Available to borrow from our Library - contact Sheryl).

WELCOME to new members!

Sheryl Hove, sherylhove12@gmail.com
651-738-4908

Health and Safety Reminder

If you are feeling unwell, please keep yourself and others in mind by staying home.

Nordic Experiences Fund

The Nordic Experiences Fund is a scholarship to which any member of Synnøve-Nordkap can apply at any time of year in order to assist with costs associated with learning or learning about Nordic crafts or heritage. For more information, please visit our website: <https://synn-nord.org/scholarships/>

For Information:

Kathy Kaluza, President: pres.synn.nord@gmail.com

Ingrid Bjorum, Brevet Editor: ingrid@steinmetz.org

Sons of Norway HQ: https://www.sofn.com/contact_us/

Genealogy Group

The Genealogy Group will be meeting on Saturday, March 2nd from 10 am to noon via Zoom. A link to the Zoom meeting will be emailed to all lodge members shortly before the meeting date.

In April the Genealogy Group will be meeting at the Shoreview Library Community Program Room from 10 am to noon. The library is located at 4560 Victoria St. N., in Shoreview.

Hardanger Huldras

Hardanger embroidery patterns, fabric, thread and instruction are available to those who wish to learn this Norwegian needlework art form.

If you have already started Hardanger embroidery but wish to learn some new stitches, our patient, expert teacher can help you. Those who have never tried this before are most welcome too. All you need to bring is a small, very sharp scissors.

Our Hardanger Huldras group meets once a month at the home of our teacher, Dolores Jacobson.

For more information, please contact Susan Stow at burle103@aol.com



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/>

Saturday, March 2, 10 AM - Noon	Genealogy Group Meeting	Virtual via Zoom Information sent via email
Sunday, March 3, 10 AM	Peer Gynt Dance Performance	American Swedish Institute 2600 Park Ave. Minneapolis, MN 55407
Monday, March 4 6:00 PM - Board Meeting (Please note date, time, and location)	Board of Directors Meeting (Members are welcome to attend)	Ramsey County Library - Maplewood 3025 Southlawn Drive Maplewood, MN 55109
Tuesday, March 12, 5:30 PM	Norwegian Language Lesson	Gustavus Adolphus Lutheran Church 1669 Arcade St. St. Paul, MN 55106
Tuesday, March 12 6:00 PM Light Meal 6:45 PM Meeting & Program	Lodge Meeting	Gustavus Adolphus Lutheran Church
Wednesday, March 13, 1 - 2:30 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Wednesday, March 27, 1 - 2:30 PM	Norwegian Language Lesson	SunRay Library
Monday, April 1, 6:00 PM	Board of Directors Meeting (Members are welcome to attend)	Ramsey County Library - Maplewood