



SynNor Brevet

Synnøve-Nordkap
Lodge #1 - 008

June 2024
Issue Number 24 - 06 (online only)



Front Page News

Synnøve-Nordkap Midsummer Picnic RSVP Now for the Tuesday, June 18 Picnic

We are looking forward to seeing you on Tuesday, June 18, 2024, for our Lodge's annual picnic at Island Lake Park in Shoreview. Arrive at 5:30 for yard games and fellowship. We plan to eat at 6:00.

The lodge will supply brats & buns, coffee, and water. Your responsibility is to bring your own flatware, plates, beverages, and something to share. We also have permission for wine and beer. **Though, glass bottles with beverages are now acceptable in the park if contents are poured into non-glass containers for consumption, it might be best to avoid glass altogether.**

Members pay \$5/person, non-members \$10/person. Please **RSVP by June 11** to Sharon Amann at slamann@comcast.net, text 651-706-9700, or landline 651-631-0399. You can send a check to 1575 2nd Street SW, New Brighton, MN 55112, or pay with cash or check at the picnic.

Members have already signed up to bring:

Coleslaw: Happy Youngs, Marilyn Erickson, Dianne Anderson, Dave Mutchler

Potato Salad: JoAnn Hogenson, Sandra Bestland, Dana Carlson

Pasta Salad: Susan Stow, Sharon Amann, Kimberly Johnson

Baked Beans: Connie Chrissis

Condiments: Connie Chrissis

Cucumber Salad: Lisa Mutchler

Chips: Pat Carlson

Deviled Eggs: Ruth Gibson, Sharon Folland, Char Lance

Cake: LaRee Opdahl, Kathy Kaluza, Jean Knaak, Sharon Folland, Sheryl Hove, Dianne Anderson

Island Lake County Park
3611 North Victoria Street,
Shoreview, MN 55126

You'll find our group at Picnic Shelter #2, which is to the right once you've come in through the park entrance. You'll see Norwegian flags to mark the way!



President's Letter

President's Letter

Hi, Members of Synnøve-Nordkap!

I hope all is well. Please call Sharon to RSVP for our picnic on June 18 at Island Lake Park in Shoreview. It's a beautiful park. I love being by the lake.

We are sending out information for our District 1 convention. Please check it out. There are many ways for members to participate.

The lodge is looking for individuals to be our publicity director and membership director. If you are interested or would like more information, please contact Sharon Amann (651-706-9700) or Ron Stow (612-845-0393).

Kathy Kaluza

District News

District 1 Sons of Norway Convention

In the following pages, you will be able to find out a plethora of information regarding the upcoming District 1 convention of the Sons of Norway. If you want to volunteer, attend skills classes, cultural activities, or dinners, you should be able to find out what you need to know. Each article contains a contact person from Synnøve-Nordkap who can give you additional information.

Updates will be available on the lodge website and in the upcoming Summer edition of the *SynNor Brevet*.

District 1 Convention News: Silent Auction & New Land, New Life Exhibit

From August 19 - 21, 2024, the biennial convention of District 1 Sons of Norway will take place at the Holiday Inn and Suites in Lake Elmo, MN.

Our lodge, Synnøve-Nordkap 1-008, will be actively participating in several events of the convention. Two of these will need you members to help supervise them, namely the silent auction and the New Land, New Life historical exhibit, which will be presented in a new format.

We are fortunate to have this convention in our own backyard, in Lake Elmo. You will have easy access to the hotel and to free parking.

This offers a great opportunity to advertise Synnøve-Nordkap Lodge to the whole district, which extends from Minnesota to Texas.

You will work in 2-person teams for as many 2-hour shifts as you want. Please step forward to volunteer some of your time to help make this a successful event for our lodge and for District 1. Contact Ron Stow now at stowronald@gmail.com to get your name on the list of volunteers.

DISTRICT 1 CONVENTION: AUGUST 19-21, 2024 NEW LAND NEW LIFE: Creating Pathways to the Future



Registration is now open to all!

LAKE ELMO HOLIDAY INN

8511 Hudson Blvd.
Lake Elmo, MN

We are pleased to announce registration is now open to all for the District 1 Convention. Click on this link to register. Choose the 'Non-Delegate' option: <https://convention.sofn-1.org/> Additional convention information and the convention schedule is also available at the link above.

Below is the breakdown of costs for people who choose to attend and/or volunteer. **If volunteers would also like to attend the presentations and meals offered, they must register for the days they wish to attend.**

All lodge members are encouraged to attend. As the following pages describe, there are lots of presentations, skills classes, and a bus tour that feature all things Nordic. Free parking is available for all. Registration includes admission to all class presentations, breakfast, lunch, and snacks.

Note: Monday's President's Dinner and Tuesday's banquet are separate and can be selected alone without registering for day events.

Monday + Tuesday + Wednesday: \$200

Monday + Tuesday: \$150

Tuesday + Wednesday: \$150

Monday Only: \$80

Tuesday Only: \$80

Wednesday Only: \$70

Monday President's Dinner: \$50

Tuesday Banquet w/Entertainment: \$70

Convention Bunad Parade and Other Activities

If you have a bunad, we'd love to see you at the bunad parade. The bunad parade is a part of the evening's entertainment so will be held at the banquet the food is served. Bunads will be grouped by where they are from in Norway. It would be great to have the forms returned to me well ahead of time so that they can be organized and the script prepared. Let us get great pictures for our Facebook page and for the district 1 website. A few of you modeled at the Landmark Center previously; I have those descriptions so you do not need to redo them. A reminder: men, women, and children are all encouraged to participate. Let us have a beautiful bunad show! Contact me for more information or to sign-up.

There are four spots available on Tuesday. You will have a class and make-a-troll option available after your return. Regarding the programming, attendees will have to make choices. Some of the programs include:

- History of the Sami People, Pastor Gunnar Kristiansen of Mindekirken Norwegian American Memorial Church
- Norwegian-American Humor, Norm Carlson
- Preservation of our Family Heritage Items, NAHA archivist Kristina Warner
- Leprosy in Norway, Sandra Bestland
- Dust Yourself Off, a book by Tricia Velure and Tom Sandhei
- New Land New Life, Lowell Johnson
- Norwegian Pioneer Women, Sandra Bestland
- Lodge Ideas-Sharing, Ron Stow and Jerry Wright
- The Future of our Past, Karen Humphrey
- plus others!

These presentations are all offered **FREE** with convention registration and no sign-up is needed. You will be able to choose where you wish to go. Additional options have not yet been finalized. Some may be scheduled on either Monday or Tuesday, depending on the registration. This information will be available prior to the convention.

Want to learn about Kvæfjordkake, voted: Norway's best cake? It is included in the cooking school which is part of our small group and hands-on classes. You may sign up on Monday when you check in at the registration table. These classes have size restrictions and include Rosemaling, Kransekake, Lefse, Kjaerfjordkake, The 7 Cookies of Norway, Krumkake, Vaffler and Make-a-Troll! There is a small fee, payable in class (\$5-10). Please bring cash or a check. First come/first in, so plan to arrive at registration early. Up to 3 people per class can contact me early as pre-signups. The fees and registration are listed on the District One website.

Registration, breakfast, lunch and coffee, Monday Only \$80, Tuesday Only \$80, both days \$150. Convention admission includes breakfast, lunch, and snacks. Classes are included on Monday and Tuesday. Dinner Options include Monday's President's Dinner at \$50.00 and Tuesday's Banquet \$70.00.

There are questions about why things cost so much. They just do. If you attend a dinner, your cost includes the venue cost, entertainment, meal cost; Most people do not realize that meal costs are the base price multiplied by 1.3 for the gratuity and taxes. So, consider if a meal with three courses costs \$40, add the 30% which totals about \$52, plus entertainment costs plus facility costs. Conversely, if you go to a nice restaurant and order an appetizer, entrée and dessert, then tip 20 percent and pay city and restaurant tax it exceeds the banquet example. Another example is the daily rate for a non-delegate or guest of \$75 per day. If you came for lunch on Monday through breakfast on Wednesday, you would receive two breakfasts, two lunches, unlimited coffee and snacks, and access to nine classes for \$150.

We are also looking for volunteers. Many of you will donate some time to volunteer if you are an attendee. People who do not register will need to make their provisions for meals.

Please feel free to email me with questions. I will be unavailable for phone calls from June 19 - July 1.

Jean Knaak
knaak002@mail.com or 651-357-6139.

District 1 Convention: The All Things Norwegian Tour

Tuesday, August 20th: 8:30 AM - 2:30 PM

Five Great Destinations

\$40 per person with box lunch included

The All Things Norwegian Tour highlights significant Norwegian-related spots around the Twin Cities Metro. You will be transported in a comfortable tour bus with lunch included.

Buy Your Tickets

Tour Itinerary

Minnesota State Capitol



Old Muskego Church



Guthrie Theater



Mindekirken Norwegian Lutheran Church



Norway House



The return trip will be via Summit Ave., the longest stretch of Victorian homes in the U.S.

For further information and to purchase tickets: <https://convention.sofn-1.org/>

JUNIOR LODGE UPDATE

Hipp, hipp hurra til Syttende Mai! Our Peer Gynt Dancers celebrated with an outstanding performance at Mindekirken on Sunday, May 19th. This year we were blessed with a light breeze, cooler temperatures, and a large responsive audience.

It was really fun to perform our newest dance, Komletrø, a simple mixer that is danced to a masurka tune. "Komle" is a dialect word for a large potato dumpling, while "trø" means step. This dance comes from Torleiv Molaug of Stavanger, a specialist in simple social dances.

If you can believe it, a member of the Norwegian parliament, Hårek Elvenes (one of the guests of honor) posted photos and video and wrote about the Peer Gynt Dancers on his Facebook. Scroll through his gallery for the day to find multiple Peer Gynt entries. <https://www.facebook.com/harek.elvenes/posts/pfbid0bMgQRSpKmrocqtmBMNMJZbWUCHUo12hVbnmrW1qChfCHkD2K7dwsy16KyP2oiqPdI>

There was a professional photographer who snapped our group prior to the performance. It was fun to borrow some of his props like helmets, sword, and crowns to add to the festive spirit.

Two former dancers, Kaia Larsen and Nola Hovland were at our performance. It is always so special to see the young people we have come to know and love after their many years of participation with the group!

Mange takk, Synnøve-Nordkap, for your continued support of our Junior Lodge Peer Gynt Dancers!



Mindekirken
17. mai 2024



Hipp hipp hurra!



Saltstraumen

by Don Halvorson

About ten kilometers southeast of Bodø in Norway's Nordland fylke, an extraordinary force of nature takes place; people from around the world are drawn each summer to witness what happens there. Four times a day a huge tidal wave of 40 billion cubic meters of sea water pushes its way through Saltstraumen, the narrow 150-meter strait that runs between two fjords, creating an enormous maelstrom of giant whirlpools in its wake, some as wide as 33-meters in diameter and as deep as 16-meters.

The maelstrom at Saltstraumen has existed for 2,000 or 3,000 years. Previous to that, the area was in transition, due to the pressure from the glaciers that had covered Norway for thousands of years.

The best time to watch this event is said to be around the new moon or during a full moon. The best place to watch it from is the Saltstraumen Bridge, built in 1978, which looks directly over the water. Keep in mind that the maelstrom switches direction each time. For example, if the tides are coming in from the west, it is best watched from the east side of the bridge. For a closer look, there are numerous viewpoints along the shoreline. On the water, it can also be viewed in a RIB, a Rigid Inflatable Boat, that departs from the city ferry terminal several times a day.

When the maelstrom show is over, spectators can return to Bodø and visit Tuvstjen, a restoration of a hunter-fishing settlement that existed in the Bodø area 10,000 years ago, also one of the earliest archaeological sites found in Norway. Visitors can check out the replica turf hut that has been built there or cook fresh-caught fish over an open pit fire as it was done during the Stone Age.

Overhead and beneath the water, wildlife abound. Sea eagles are continually seen soaring overhead, or diving down to skim the water for food. Eider ducks dive in the strong current for mussels. Below the surface, a rich deposit of fish



and other marine life exists there, continually brought in by the reoccurring tidal currents. This has made the site a popular destination for bird lovers, fishermen, marine biologists and other outdoors enthusiasts arriving from all over.

An excellent way to experience the unique marine life is by diving and snorkeling in it. Diving requires a dry suit and warm clothes underneath. Because of the steep walls and strong currents however, it is not a place for beginners. For those with the experience, there is a small window when the current is shifting, about an hour, when they can dive. What they encounter is incredible. A large growth of kelp covers much of the floor. Colorful anemones cover the rock walls. Cod, pollock, halibut, angelfish, and catfish of all sizes swim all around them.

Snorkeling is a much safer way to explore underwater Saltstraumen, as long as you are a good swimmer, and have a professional guide with you.

If visitors want a taste of Arctic salt, or wish to take some home with them, they can buy it at a smokehouse near the dock right above the current at Saltstraumen where sea salt is freshly harvested, dried, then smoked for sale to the public.

<https://www.visitnorway.com/things-to-do/nature-attractions/saltstraumen/>

Sunshine News

We are sad to announce the death of one of our long time members Doug Peterson. We did not find out about his funeral until about 2 hours before it was scheduled so an E-blast was not sent out.

Secretary's Report

Synnøve-Nordkap board meeting and business/member meeting minutes can be viewed on the lodge website here: <https://synn-nord.org/contact/board-meeting-minutes/>

All are welcome at our monthly meeting at
Gustavus Adolphus Lutheran Church
1669 Arcade Street
St. Paul

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/

Norwegian Language Classes

Tuesday Class: September 10, 5:30-6:00 p.m.
at Gustavus Adolphus Church before the Lodge Meeting.

"Sons of Norway Norwegian Language Lessons"

Wednesday Class: September 11 & 25, 1:00-2:30 p.m.
at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119.

"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

Genealogy Group

The Genealogy Group does not meet during the summer months. Our next meeting will be Saturday, September 7.

Something to think about...

Our annual fundraiser, Taste of Scandinavia, is right around the corner. We need everyone to help us so we can continue to fund scholarships & camp tuition, have excellent speakers, and enjoy "food, fun, and fellowship."

We will need excellent items for our Silent Auction. This is the portion of "Taste" that consistently raises the most funds. Please start thinking, looking, and tucking away items for this.

Last year we initiated the "Taste" part of our new fall adventure by having many items, but only small portions. We, again, will be asking for specific food donations. We had such wonderful comments from this change from a large meal.

The Bake Sale is also a great favorite! It seems many people have given up baking and canning, but they REALLY enjoy home-made goodies. Now is the time to begin to think about what you can prepare for Saturday, October 26th.

Bestefor's Closet is always such fun. One never knows what can be found that you can't live without. We can always find some hidden treasures to donate to this area.

The Brevet will continue to mention this upcoming event, but now a seed has been planted...

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/>

Tuesday, June 18, 5:30 PM	Summer Picnic	Island Lake County Park 3611 Victoria St. N. Shoreview, MN 55126
Monday, August 5, 6:00 - 8:00 PM	Board of Directors Meeting (Members are welcome to attend)	Ramsey County Library - Maplewood
Monday, August 19 - Wednesday, August 21	District 1 Convention	Holiday Inn & Suites St. Paul NE - Lake Elmo 8511 Hudson Blvd Lake Elmo, MN 55042
Thursday, September 5, 6:00 - 8:00 PM	Board of Directors Meeting (Members are welcome to attend)	Ramsey County Library - Maplewood
Tuesday, September 10 6:00 PM Light Meal 6:45 PM Meeting & Program	Lodge Meeting	Gustavus Adolphus Lutheran Church 1669 Arcade St. St. Paul, MN 55106