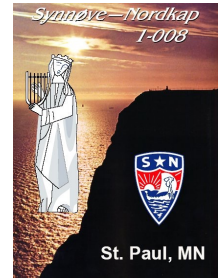




# SynNor Brevet

Synnøve-Nordkap  
Lodge #1 - 008

Summer 2024  
Issue Number 24 - 07



## Front Page News

### Tuesday, September 10 New Land, New Life

It feels like summer, but we are planning for the return of our monthly lodge meetings in September. Here is a sneak peak at our next meeting.

More than a decade ago, the Synnøve-Nordkap Lodge 1-008 developed a museum-quality exhibit telling the story of Norwegian Immigration to Minnesota between 1825 and 1925. After a successful showing at the Landmark Center in St. Paul, the exhibit traveled to numerous communities around the state and upper Midwest. Now, the exhibit has been refreshed with new banners featuring the same great content as the original, but in a more visually appealing and more easily transportable format. As we approach the bicentennial of the arrival of the first Norwegian immigrant ship, the *Restoration*, the “New Land, New Life” exhibit is ready and available for use in our communities. Speaker Lowell Johnson will describe the development of the original exhibit, the goals of the exhibit, a video presentation of its content, and how Synnøve-Nordkap will make the exhibit available for use by others.” Lowell is a member and past president of the Synnøve-Nordkap Lodge in St. Paul, MN. After a 36-year career of public service with the Washington Co. Department of Public Health and Environment, retiring in 2021, he now spends time with grandchildren, volunteering, playing music, attending baseball games, traveling, and woodworking. Lowell and his wife live in Oakdale

#### **New at this meeting will be a Zoom option for the program and meeting.**

This will allow members who are out of town or confined to their homes to see our outstanding programs and hear the meeting announcements. A Zoom link will be sent out before the meeting. The meeting will include a simple dinner meal at 6 pm, the program at 6:45 and the business meeting at 7:45 pm. Plan to attend.

## President's Letter

Hi, Members of Synnøve-Nordkap!

I hope you all are in good health. I have been having some health problems. I would like to thank Sharon, Happy, and Randy for handling the June picnic. Thank-you!

I hope to see you all at the district 1 convention. Our next lodge meeting is September 5th.

Kathy Kaluza  
Synnøve-Nordkap President

## From the Lodge Board Nominating Committee

It's time to be thinking about becoming an officer of the lodge by lending your talents to its leadership. The slate of nominations will be formed in October to be declared in November and voted on in December. Please contact Ron Stow at [stowronald@gmail.com](mailto:stowronald@gmail.com) to place your name in nomination for a board position. There are also non-board positions available. Please consider how you can help continue the success of Synnøve-Nordkap Lodge.

## Sons of Norway HQ News

### A Message from Sons of Norway CEO

Sons of Norway CEO Dan Seyfried recently recorded a message regarding dues increase. Please watch his message for important information regarding how your dues are spent, how the Sons of Norway financial/insurance impacts dues, and how the business model has changed over the years. You may watch Dan Seyfried's message here: <https://www.youtube.com/watch?v=ReD9PapEMIo>

Membership dues have increased effective July 1. Here is an overview of the new dues structure:

#### US Memberships:

##### Individual – \$84

- *International* - \$54
- *District* - \$15
- *Lodge* - \$15

##### Individual Golden – \$54

- *International* - \$26
- *District* - \$15
- *Lodge* - \$13

##### Family - \$144

- *International* - \$87
- *District* - \$27
- *Lodge* - \$30

##### Heritage & Lifetime – No change

## **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

Registration is 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.

If you are interested in volunteering to help Synnøve-Nordkap's silent auction at the convention, please contact Ron Stow at [stowronald@gmail.com](mailto:stowronald@gmail.com).

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.

**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**

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

Any additional questions you may have regarding the convention, attendance, or activities, please contact Jean Knaak at [knaak002@mail.com](mailto:knaak002@mail.com) or 651-357-6139.

## Junior Lodge Update

### JUNIOR LODGE UPDATE

Ultra hot summertime days provide a good chance to get organized for the coming Peer Gynt school calendar events, September through May. That means taking an inventory of our resources such as books and CDs with dance choreography and music. Our bookshelf has quite a variety. Everything from a first Norwegian/English dictionary, songbooks, and a Norwegian map puzzle to Norse myths, folktales, plus the Vikings. Then we have flags, paintbrushes, and paint with our craft supplies. Albums of photos of our dance groups throughout the years since we joined Synnøve-Nordkap in 1981. Time to check out the bunader in the closet to see if any repairs are needed, too.

*Viking* magazine is such a great source of ideas! The theme for the '25 calendar is *friluftsliv*, or life in the great outdoors. Each month will feature an element of outdoor life that Norwegians consider essential. We will divide our indoor dance rehearsal time with outdoor fun throughout fall, winter, and spring.

## Taste of Scandinavia

"Taste of Scandinavia" is right around the corner. Please mark your calendars for October 26<sup>th</sup>. We will have the same format as last year. We are asking you, the members, to donate items listed on the sign-up sheet below. This event was such a great success last year, and we are starting to organize now.

Our spectacular Silent Auction is headed by Ron Stow. He mentioned this at the June Picnic. He asked that we all start thinking about stellar items to donate. If you have things that don't quite qualify for the Silent Auction, we do have Bestefar's Attic for those items.

Kathy Kaluza is looking for home-made goodies and home-canned items for the Bake Sale area. If you are donating things for the "Taste" portion of this event, perhaps you could double the amount made so the Bake Sale could sell it.

One thing we learned from last year is that we desperately need volunteers to serve in most of these areas. Most of the help is needed for table setters, kitchen helpers, open-faced sandwich makers, food servers, and floaters that will do ALL OF THE ABOVE...remember, many hands make light work!

Please contact Sharon Amann to sign up.

Email: [slamann@comcast.net](mailto:slamann@comcast.net)

Phone: H/651-631-0399, C & Text/ 651-706-9700.

**Food Sign-up for  
"A Taste of Scandinavia"  
Saturday, October 26, 2024**

**Smørbrød (Open-faced sandwich)**

Deli bread (cocktail rye, 35 slices per loaf):

3 loaves \_\_\_\_\_

3 loaves \_\_\_\_\_

Thinly sliced ham (1 pound): \_\_\_\_\_

Hard boiled eggs (1 dozen each, peeled):

1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_

English cucumbers (3 pack): \_\_\_\_\_

Roma tomatoes (6) \_\_\_\_\_

Radishes (2 bunches)(washed & trimmed): \_\_\_\_\_

Parsley (2 bunches): \_\_\_\_\_

**Kjøttboller (meatballs):**

Meatballs **Synnøve-Nordkap Lodge (300)**

**Sild (Herring):**

1) 2 lbs (32 oz) \_\_\_\_\_, 2) 2 lbs (32 oz) \_\_\_\_\_

**Cheese and Crispbread:**

Gjetost 1) 8 oz: \_\_\_\_\_, 2) 8 oz: \_\_\_\_\_, 3) 8 oz: \_\_\_\_\_

Bondøst 2 lbs: \_\_\_\_\_

Jarlsberg 2 lbs: \_\_\_\_\_

Crispbread: \_\_\_\_\_

**Breads**

Homemade flatbrød (8-10 broken rounds): \_\_\_\_\_

Lefse (quartered)(40 slices)\*:

1) \_\_\_\_\_, 2) \_\_\_\_\_, 3) \_\_\_\_\_

Julekage:

1) \_\_\_\_\_, 2) \_\_\_\_\_

\*Butter and sugar will be on tables

**Vegetables**

Rødkal (red cabbage): 1) \_\_\_\_\_, 2) \_\_\_\_\_

Syltede rødbeder (pickled beets 1 qt): \_\_\_\_\_

Sweet/sour English cucumbers:

1) \_\_\_\_\_

2) \_\_\_\_\_

Rutabagas/Carrots:

Potatoes (3 pound bag each, red size B cooked w/dill):

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Desserts**

Toscakake (almond cake): \_\_\_\_\_

Risengrøt (rice pudding): \_\_\_\_\_

Rømmegrøt (Norwegian porridge): \_\_\_\_\_

Vafler (waffles)\*: \_\_\_\_\_

Søtsuppe (fruit soup): \_\_\_\_\_

\*Lodge has lingonberry jam

**Cookies**

Krumkake: 1) \_\_\_\_\_, 2) \_\_\_\_\_

Sandbakkels: 1) \_\_\_\_\_, 2) \_\_\_\_\_

Rosettes: 1) \_\_\_\_\_, 2) \_\_\_\_\_

Spritz: 1) \_\_\_\_\_, 2) \_\_\_\_\_

**Other Scandinavian Specialty Ideas**

(Please specify): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Butter**

8 sticks (2lbs each):

1) \_\_\_\_\_, 2) \_\_\_\_\_

**Ice Cubes** (3-5# bags or 1-18# bag):

1) \_\_\_\_\_, 2) \_\_\_\_\_



## The Viking Longhouse

by Don Halvorson

Even though the modern-day image of Viking raiders looting their way across Europe has some historical validity, in truth, most Scandinavians of that period lived a mundane, rural existence in small villages that were the focal point of a number of large surrounding farms.

The heart of every farm was the longhouse. The size of the house would vary depending on the wealth its owner and the number of inhabitants living in it. It could range in width from 15-25 feet, in length from 50-250 feet, and could accommodate 30-50 family members. It was built to house all living generations of a family, plus any slaves or livestock the family owned. Houses built on farms were larger than those built in towns. Whatever the size, the image and basic construction remained the same. Whether by accident or by design, it often looked like an upside-down ship.

The materials used to build the longhouse also varied, depending on where in Scandinavia it was built. Houses built in Denmark used oaks from deciduous forests for the framing. In Norway and Sweden, where oaks were scarcer, wood from coniferous forest was used instead. The walls were either built from wood or peat. In Denmark woven, wooden racks of stripped hazelwood and willow branches were created, then placed tightly between the vertical posts. Afterwards they were covered with a mixture of clay and dung to fill the open spaces. In Iceland and Greenland, blocks of peat replaced wood for walls. Two rows of high posts supported the roof and ran down the entire length of the building. Roofing was made of thatch, peat, or wooden shingles.

A front entrance gave access to the inside of the house which was divided into three areas. The largest was the central hall and the family's living space. A smaller area at one end, usually partitioned off, was the stable where the livestock was kept. The other end was an area often used for artisan pursuits like weaving, sewing, and crafting. The floor throughout was pounded-down dirt. The main room was where all normal activity

took place. Built-in benches lined the sides of the room and surrounded the center hearth. These benches provided support for the walls as well as platforms for sleeping. Other items in the room likely included storage chests, stools or chairs, and straw or large animal hides for a proper night's sleep. The hearth was the hub of the house. It was where all the cooking took place. Since there were no windows inside, it provided all the light and warmth for the house. Additional light was often provided by softwood torches, or ceramic or stone lamps fueled by fish, seal, or whale oil. The hearth was also where everyone gathered to sit and talk and share stories.

Since there was no chimney in the longhouse, a hole was usually carved out of the roof above the hearth for smoke to escape. However, with no windows, the room still remained quite smokey. Even so, the house usually remained quite cozy, and the longhouse was considered a sophisticated dwelling for its time.

At Borg on the Lofoten Island of Vestvågøy, stands a large Viking longhouse that was rebuilt from the ruins that were discovered by archeologists in 1985. Dated from AD 500, it is believed to once be the home of a local chieftain. Now the site has been turned into a museum and is opened to the public, where visitors can see for themselves how some Vikings of that period lived on a day-to-day basis.

Fjord Tours  
<https://www.fjordtours.com> › people-and-culture › viking



## Sunshine News



Our Lodge has received word of the death of member Jacqueline Carlone. We have not seen her at meetings since covid, but she was such a ray of sunshine. She was always willing to help and

serve others.

You may view Jacque's obituary here: <https://www.simonetfuneralhome.com/obituary/Jacqueline-Carlone>



## Sunshine News

Please contact Sharon Amann if you become aware of the death or illness of members so I can send a card from the Lodge. H/651-631-0399, C/ 651-706-9700. Thanks in advance for keeping me informed.

## 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](mailto:sherylhove12@gmail.com)  
651-738-4908

## Genealogy Group

Did you attend a family reunion over the summer and find yourself wanting to know more about your ancestors? The Genealogy Group can help you begin your search. Plan to attend the September meeting on Saturday, September 7 from 10 am to noon at the Shoreview Library, 4570 North Victoria Street, Shoreview, MN 55126.

## 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**

## From your Sports and Recreation Director



Watch this space in the September Brevet for an announcement concerning a **Walk in the Park**.

Mark your calendar for September 21!

## For Information:

**Kathy Kaluza**, President: [pres.synn.nord@gmail.com](mailto:pres.synn.nord@gmail.com)  
**Ingrid Bjorum**, Brevet Editor: [ingrid@steinmetz.org](mailto:ingrid@steinmetz.org)  
**Sons of Norway HQ**: [https://www.sofn.com/contact\\_us/](https://www.sofn.com/contact_us/)

*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/>

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 (Note date change from expected)	Board of Directors Meeting (Members are welcome to attend)	Ramsey County Library - Maplewood
Saturday, September 7, 10 AM - Noon	Genealogy Group Meeting	Shoreview Library 4570 North Victoria Street Shoreview, MN 55126
Tuesday, September 10, 5:30 - 6 PM	Norwegian Language Lesson	Gustavus Adolphus Lutheran Church 1669 Arcade St. St. Paul, MN 55106
Tuesday, September 10 6:00 PM Light Meal 6:45 PM Meeting & Program	Lodge Meeting	Gustavus Adolphus Lutheran Church
Wednesday, September 11, 1- 2:30 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Wednesday, September 25, 1-2:30 PM	Norwegian Language Lesson	SunRay Library
Saturday, October 26, 5:00 PM	A Taste of Scandinavia	Gustavus Adolphus Lutheran Church