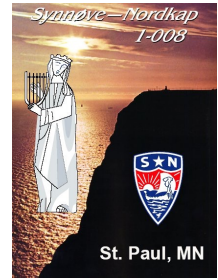




SynNor Brevet

Synnøve-Nordkap
Lodge #1 - 008

September 2024
Issue Number 24 - 08



Front Page News

Tuesday, September 10, 6:00 PM New Land, New Life

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 (pulled pork tacos), the program at 6:45, and the business meeting at 7:45 pm. As always, everyone is welcome at our monthly meeting at Gustavus Adolphus Lutheran Church, 1669 Arcade Street in St. Paul.

President's Letter

Dear Members,

I hope all is well. I had a great time and learned a lot at the district convention, including rosemailing!

At our September lodge meeting, member Lowell Johnson is going to discuss *New Land, New Life* exhibit, including the new video format. There will be a taco supper prior to the program and business meeting (see page 1).

In October, we are having our Taste of Scandinavia. We will need a lot of help! Please sign-up, if you are able (see page 4).

See you at the meeting!

Kathy Kaluza
Synnøve-Nordkap President

Lodge News

From your Sports and Recreation Director: Take a Walk in the Park!

You are invited to Take a Walk in the Park on **Saturday, September 21 at 10:00 AM** around Como Lake's 1.67 mile walking path. Meet on the deck overlooking the scenic lake in front of the **Como Lakeside Pavilion**. Parking is available on the north and south ends at **1360 Lexington Parkway N** in St. Paul. We will walk together around the lake. Feel free to use your Nordic walking sticks.

We will refuel afterwards at the Dock & Paddle Café in the Pavilion.

Vi vil gå på tur! Ja!



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 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.

The Sons of Norway District Convention was held in August in Lake Elmo, Minnesota. Synnøve-Nordkap members participated as organizers, delegates, attendees, and so much more!



Mange tusen takk!

Mange tusen takk to our Synnøve-Nordkap members who volunteered to help with the silent auction at the District 1 Convention, which took place August 19-21 in Lake Elmo, MN. They did a lot of work setting up, registering, supervising, checking out, and cleaning up. Some of them stepped in to do more than one shift.

Thanks to these members, the event was a great success: Clay Lance, Char Lance, Dianne Anderson, Pat Carlson, Lynn Hoffmeyer, Dave Hegdahl, Sharon Kalmes, Linda Erickson, Leif Erickson, Taffy Storck, Gary Hanson, LaRee Opdahl, Loren Opdahl, Kari Hermansen, Sharon Windey, Marilyn Erickson, Sheryl Hove, and Leslie Oliver.

A personal thank-you to Clay Lance who did the computer work on the record-keeping of the auction items. You made my job a lot easier.

This is another example of why Synnøve-Nordkap Lodge is well-respected in Sons of Norway District 1.

Thanks to all!
Ron Stow, District-1 Board of Directors

Taste of Scandinavia

“Taste of Scandinavia” is right around the corner. Please mark your calendars for October 26th. 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

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):

4 lbs fulfilled _____

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) _____

Vega's Eiderdown

by Don Halvorson

Just south of the Arctic Circle, off the Nordland fylke coast of North Norway, lies a large cluster of islets and skerries, collectively known as the Vega Archipelago. Totalling about 6,500 in number, these shallow-water islands, isolated or in groups, are spread across an area of over 30 square miles, stretching from the mainland to the continental shelf. Two of these, Vega and Søla, are more mountainous and more populated. Although there are a number of tiny villages spread throughout Vega, there is only one large town, Brønnøysund, with a population of 5,045.

According to archeological findings, hunters and fishermen have been visiting this region since the Stone Age. In time, as more land rose up from the sea, people began to settle, where, over time, they developed a unique and simple way of life in harmony with the bountiful nature around them.

They became fishermen and farmers, with the center of their lifestyle being the tending of eider ducks. The interaction between ducks and people in Norway has been going on for centuries. Written testimony of this practice during the Viking period appears in Snorri Sturluson's Egil's Saga. It mentions that the *lendmann* Thorolf Kveldulvsson, from the Sandnes farmstead, had been sent out to check on the egg nests. Down and feathers have turned up in Norwegian and Swedish graves dating from 570-1030, the Nordic Iron Age. In a transcribed account between the Viking Ottar of Hålogaland and Alfred of Wessex in the late

880's, Ottar tells of receiving a large bag eider down as tax from a prominent Sami in his area.

Eventually, instead of gathering down from nests built by the birds, farmers began building houses of wood and creating the nests themselves. Most farmers gathered seaweed for nesting rather than grass and twigs, making it easier to clean the down when harvesting. In the spring, when the birds are nesting, females pull the down from their bodies to keep the eggs warm. Someone is always checking to make sure that everything is going well enough. During nesting, children and cats are kept inside or away from the nest. In summer, when the eggs have hatched and all birds have abandoned the nest, the down harvesting begins. This process

is called harping. To separate the down from the nest material, farmers use a sieve-like tool, a wooden frame with stretched strings, called a harp. Once the harvested material is spread over the top of the harp, the down is separated from the chaff by moving a wooden stick across the strings, causing the nest waste to bounce out, leaving

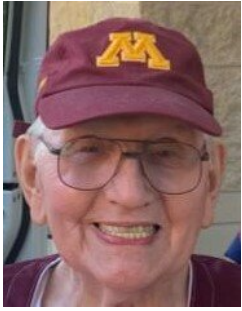
only the down on top. Eiderdown is best suited for bedding, because of its ability to adjust to temperature swings that keep a body warm when it's cold and cooler when it's warm. But, because of its rarity and time-consuming output, it is extremely expensive.

In 2004, the Vega Archipelago was chosen as a UNESCO World Heritage site, due to its exceptional natural and cultural environment. A new World Heritage Center was completed on the island of Vega in 2019. Interested visitors can take a boat trip from the Center on Vega to the island of Lånan where they can experience the eiderdown tradition for themselves.

Norwegian SciTech News
<https://norwegiansciotechnews.com> › 2018/03 › eider-far...
UNESCO World Heritage Centre
<https://whc.unesco.org> › list



Sunshine News



Our lodge lost a very active and longtime member on July 11, 2024. Bob Barduson, in his younger days, was especially active in Festival of Nations prep. He and Axel Torvi were a dynamic duo that helped bring all that fruit soup to the festival. He was always willing to help and had a winning smile.

When we were still having our meetings at first Lutheran on Maria Avenue in Saint Paul, Bob was one of the persuading voices to get our lodge to come to Gustavus Adolphus, Lutheran Church, where we still hold our meetings. Even though he hadn't been here recently, because of health issues, we will certainly miss him as a member of our lodge.

<https://andersonfuneralhome.com/tribute/details/1516/Robert-Barduson/obituary.html>

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.

Genealogy Group

Turn over some new leaves in your life, and come to the September Genealogy Group meeting to begin researching your family tree. The September Genealogy meeting will be on Saturday, September 7 from 10 AM to noon at the Shoreview Library, 4570 North Victoria Street, Shoreview, MN 55126.

The October Genealogy meeting will be on Saturday, October 5 from 10 AM to noon at the White Bear Lake Library, 2150 2nd Street, White Bear Lake, MN 55110.

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

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
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 Program & Meeting	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 5, 10 AM - Noon	Genealogy Group Meeting	White Bear Lake Library 2150 2nd St. White Bear Lake, MN 55110
Saturday, October 26, 5:00 PM	A Taste of Scandinavia	Gustavus Adolphus Lutheran Church