



# SynNor Brevet

Synnøve-Nordkap  
Lodge #1 - 008

March 2019  
Issue Number 19 - 03



## Front Page News

### ***The Hilarious World of Depression and other Nordic Observations from John Moe***



John Moe is one of our newest lodge members. He and his wife, Jill, joined Synnøve Nordkap before bringing their three children to visit Norway last summer. It was an epic trip: John hadn't been back to his parents' homeland in years. John's family were unwittingly famous guests at a festival in the Lofoten Islands and John got a chance to probe some of the Scandinavian habits around mental suffering: don't talk about it.

But that's exactly what he does in his day job where he's host and creator of the award-winning hit podcast, *The Hilarious World of Depression* (<https://www.apmpodcasts.org/thwod/>).

John interviews comedians to learn how they've dealt with

depression and managed to laugh along the way. If you have not met the illness personally, it's almost certain that someone you know has, whether it's a friend, family member, colleague, or neighbor.

Join us for a conversation with John about humor, creativity, and coping with Nordic brooding. Consider bringing a guest for this Q & A style conversation at our March lodge meeting.

Tuesday, March 12, 7-8:30 p.m. Gustavus Adolphus Church  
1669 Arcade St, St Paul, MN 55106 (enter parking lot off Idaho)

## Fra Presidenten

Greetings to one and all. We have just concluded the fourth snowiest February ever recorded in Minnesota according to the National Weather Service. We Minnesotans pride ourselves on being winter hardy but this one has been a real doosey. For the first time in many years, if ever, we have needed to postpone a board of directors meeting and cancel a Lodge meeting because of the weather. After much deliberation, your board of directors, out of concern for our member's safety decided that it was too hazardous for any of us to venture out of our safe and warm homes. We hope you all understand and we hope we don't need to do this again.

March is definitely coming in like a lion. As I sit in my office preparing this letter it is again snowing out here in the country, with about three inches of new snow already on the ground. I'm not looking forward to another three to four hours of clearing my one-half mile long driveway.

Our March meeting features one of our newest members, John Moe, speaking about the hilarious world of depression and other Nordic observations. As one who has battled this condition for decades I am looking forward to a different take on the subject.

The Festival of Nations is fast approaching. If you have never attended, please consider doing so this year. The Festival is a great way to learn about other cultures and sample the cuisines of many different countries. As one of the performers, I attend in my Czech kroj (folk costume). You would be surprised how many times this has sparked interesting, and informative, conversations about my, and my wife's, cultural background. One year I had the good fortune of visiting with a couple of Polish descent and their exchange student. The student was from the very area where my paternal grandfather was born! Try and let down your reserved Norwegian nature and visit with someone you don't know. You might be surprised as to what you might discover. I'm taking a break from performing this year so I should be able to spend more time in the Norway Café and, hopefully, meet more of our Lodge members.

Speaking of the café, Pat Carlson is still looking for more volunteers to staff the booth during the Festival and help out with cooking day on April 29<sup>th</sup> at Gustavus Adolphus Lutheran Church. The café is our largest fundraiser of the year with proceeds going to support our scholarship program. Please contact Patti or see her at our March meeting to sign up for one, or more, shifts.

Fraternally,

President Chuck



A card from 1911 sent to my great-grandmother Julia from her cousin Rebekka in Trondheim.

# Secretary's Report

## Synnøve-Nordkap Lodge #1 – 008

### Board Meeting

February 19, 2019

The Board for Synnøve-Nordkap Lodge #1-008 met on Tue, February 19, 2019 @ 7 PM at the Ramsey County Library – Maplewood at 3025 Southlawn Dr, Maplewood, MN.

Members in attendance: Sharon Amann, Dianne Anderson, Pat Carlson, Connie Chrissus, Chuck Draheim, Jean Draheim, Lowell Johnson, Dave Mutchler, Mary Beth Mutchler, Ron Stow, Susan Stow and Heidi Slen Walsh.

President Chuck Draheim, called the meeting to order at 7:03 pm.

1. SECRETARY'S REPORT - HEIDI: Jan 2019 Board and Lodge Meeting Minutes submitted. Approved.
2. TREASURER'S REPORT - JEAN: Checking account balance as of Feb 1 is \$8,392.85. Annual Report (D17) is complete and emailed to Audit Committee. 990 filed. Rent check mailed to Gustavus Adolphus.
3. COMMITTEE REPORTS
  - a. **District 1 – Ron**: Greetings from District 1. Discussion about reports/publications people are receiving from SON. District Convention will be in Brainerd, MN, Jun 4-6, 2020. International Convention will be in Ringsakar, Norway, in August 2020, with hotel in Hamar, 4 miles away. Will attend Spring District Board Meeting in Eden Prairie, MN, on Apr 12-13, 2019.
  - b. **Festival of Nations – Pat**: Event scheduled for May 2-5, 2019. Cooking Day is Apr 29, set-up is May 1. Will order one less case of lefse. Xcel Center instituted new security measures, making daily volunteer time more complicated. Will sample new lingonberry drink at March meeting.
  - c. **Junior Lodge – Susan**: Disaster struck former long-time member, Kip Ronning. On New's Year's Eve his house in Somerset, WI burned to the ground. Sharon moved to donate half of European Market dance proceeds (\$100 of \$200 total) to his family through a Go Fund Me page. Passed unanimously. Feb 10 was date to turn in dancer, music, and Norway backdrop photos. Part of Feb 9 meeting was to learn about Sami National Day. Also learned about some of the 300 words for ice and snow. Dancers will perform Sun, Mar 3 at St. Paul's Lutheran in Stillwater. Started creating choreography books to keep all dance information together. Discussion regarding everyone making and updating a supply list.
  - d. **Foundation – Susan**: Nothing to report.
  - e. **Scholarships – Sasha**: 2 applications. Sasha moved and 2<sup>nd</sup> by Jean, passed, to fund ½ of camping expenses for Josephine Haugen, \$2355 of total \$4710, and Freya Haugen, \$1075 of total \$2150. District 1 will also fund \$750 total, with \$500 to Josephine, and \$250 to Freya's expenses. On Mar 15<sup>th</sup>, post-secondary/Nordic Experience applications due. None yet received.
  - f. **Programs – Sasha**: John Moe, host of podcast on MPR "Hilarious World of Depression" will perform at March Lodge Meeting. His parents were young teens in the WWII Resistance Movement, and his grandfather produced a Resistance newspaper. Sasha will lead a Q&A session to discuss serious topics of comedians and mental health. Reminder to invite guests to listen to important topic of mental health.
  - g. **Brevet/Web site – Ingrid**: Out of town, but sent in a report. Website development underway.
  - h. **Sunshine – Mary Beth**: Lynn having surgery today on right hand.
  - i. **Membership – Lowell**: Discussion about reaching out to new members. Connie will telephone and follow-up with a letter to each new member. Lodge met 2018 annual membership goal in Oct 2018. Received a certificate, \$100 cash card, and 3 SON mystery plays on a thumb drive, for use as entertainment and/or fundraiser. Cultural Skills medals on Apr agenda, with Ron as Cultural Director contact.
  - j. **Bookcase Challenge – Lowell**: Lowell and Lynn will present information at next meeting. Ron and Lowell initiated discussion on video presentation on *New Land New Life*. Will attend MN History Center information session.
4. OLD BUSINESS
  - a. Sustainability: Sasha and Lowell will work with GA to ensure our efforts match their expectations.
  - b. Storage Space: Lowell will contact GA to look into getting secure storage space.
  - c. Chili Dump: Decision made to cancel. No other time this spring to do it.
5. NEW BUSINESS
  - a. Inclement weather/meeting cancellation policy: Chuck and Lowell will consult and decide on a case by case basis. Discussion about ways to notify members of any cancellation decisions.
  - b. Membership Dinner Menu: Roast Pork Dinner with sauerkraut.
6. ANNOUNCEMENTS AND ITEMS FOR THE GOOD OF THE ORDER
  - a. Lodge Officer Training: Scheduled for Apr 6, 9 am to 2 pm, in Anoka.
  - b. Chuck moved, unanimously passed, to give Ronning family additional \$100 from SON Lodge

Next Board of Directors meeting is scheduled for Tuesday, March 5<sup>th</sup>, 2019, 7-9 pm, with committee meetings from 6:30-7, in the Board Room, Ramsey County Library, Maplewood branch.

With no further business, the meeting was adjourned at 8:55 pm.

Respectfully submitted,  
Heidi Slen Walsh

**Lodge Meeting of Tuesday, February 12, 2019** was cancelled due to inclement weather..

## Whaling in Norway

by Don Halvorson

Whale hunting has had a history in Norway for thousands of years. The discovery of Komsa culture petroglyphs in Nordland from the Mesolithic period, depict a number of hunting prey, including a killer whale. From other prehistoric sites found in Nordland, Finnemark and Troms, the Fosna, another early semi-nomadic people, fished the fjords in winter, lived off reindeer from the forests in the summer, and hunted for seals and whales off the coast in the spring and summer. The Vikings hunted whales as early as the ninth century. Like their ancestors, they would set out in small boats, surround and harass the sea mammal into the shallower water and harpoon the floundering animal to death. Besides the tons of beef-like meat consumed, the whale would yield several hundred barrels of oil boiled from the whale's blubber. This oil was used for illumination, lubrication and the treatment of leather. The cartilage inside the mouth was cut out and fashioned into belt buckles, knife handles and spades. Its durable hide was cut into thin strips and used for cables on Viking long ships.

Modern whaling began in 1863 in the Lofoten Islands with the invention of the grenade-tipped harpoon. Created by shipping and whaling magnate, Svend Foyn, the harpoon was mounted on a large gun on the front deck of a whaling ship. With this weapon Norway moved ahead of all other countries involved in the whale hunting trade.

In the 1870s the new whaling industry was blamed for the declining cod population. In 1904, to appease the cod fishermen, a ten-year moratorium was declared. During that time, commercial whalers were only allowed to hunt their prey outside Norwegian territorial waters. The whaling boats moved out to the greater Atlantic, and began to explore the waters around South Africa and the whale rich oceans of Antarctica. In 1883 Iceland granted Norway permission to build eight whaling stations in the coastal Westfjords and another five stations on the east coast. All went well until 1900, when the remains of one large sperm whale's carcass was dumped on the shore to rot in Westfjord. The pollution raised such an outcry from the locals, that the stations there to shut down. The Eastfjord stations lasted a decade



longer, until 1913, when the whales were all gone, and the whalers moved on to the Arctic. That same year, whaling in South Africa was also ended due to lack of whales in those waters.

By now, most of the industry had switched from sail power to engine power. This gave the whalers more mobility, and many cod fishermen joined their ranks, to make more money and put more food on their tables. In the season of 1930-31, Norwegian whalers killed more than 40,000 whales and produced 3.6 million barrels of oil. But with the beginning of the Great Depression, the demand for whale meat had begun to fall off.

In 1946, the International Whaling Commission was created. Its goal was to provide proper conservation and management of world whale stocks. Quotas were imposed in 1949, and critically affected the whaling ventures of Norway, Japan, the Soviet Union and the Netherlands.

Norway continues to ignore the IWC whaling ban, as it continues to subsidize a struggling industry. The government's stand is political and stuck in tradition, unlike many of its population. Today whale steaks may be found in some of the more expensive restaurants, but most grocery shoppers in Norway treat whale meat as a post-Depression food, and an unfriendly ecological product.

Prehistoric Maritime Adaptations of the Circumpolar Zone  
<https://books.google.com/books?isbn=311088044X>  
The Vikings *The Seafarers* Time Life Books pp. 110-11  
Last of the Viking Whalers *National Geographic* June, 2013



### Counselor's Corner

Setting all-time snowfall records is not quite like setting the world on fire, but it certainly does inconvenience lots of people and events. We will just have to wait until next year to do our Chili Dump Dinner.

I'm looking forward to an upcoming Board event. We are invited to a Zone 9 meeting where we will have the opportunity to meet with other Lodge officers. We ALWAYS get wonderful ideas from these gatherings. I don't know how all these folks do it, but everyone manages to take terrific ideas back to their own Lodges. We are so very blessed to be in such a dynamic District and Zone.

In like vein, our Lodge board members welcome suggestions and comments from any and all members. We also welcome you to attend our Board meetings that are generally held the first Tuesday of the month at the Maplewood Public Library at 7pm. You don't have to ask permission or have a special handshake to get in the door either. We always enjoy visitors.

Blessings,  
Sharon

### Scholarship Deadlines – Dream Big & Tell Your Lodge

March 15 are two important deadlines for scholarships.

- Post-Secondary Scholarships are designed to help our members, children or grandchildren pursuing college or other post-secondary training.
- The Nordic Experiences Fund is our \*new\* opportunity for members to deepen their understanding and appreciation of their Nordic heritage and have some fun!

Find applications on our Lodge [Website](#) and contact Scholarship Coordinator Sasha Aslanian [sashaslanian@gmail.com](mailto:sashaslanian@gmail.com) 612-720-1021 with questions.



## Bulletin Board

### Sunshine News

Happy birthday greetings to Marge Pedersen, celebrating 99 years.

### Sunshine News

Best wishes for a speedy recovery to Lynn Hoffmeyer who had hand surgery on February 19th.

### Membership Dinner

Our Membership Dinner will be April 9<sup>th</sup> and will again be catered by Magnolias Restaurant. Dinner will include roast pork with dressing, sauerkraut, salad, fruit plate, rolls and butter, beverage and dessert. Cost is \$11.00 per person. As in the past, if you bring a prospective member, both of your dinners will be free. Tickets will be for sale at our March meeting and until April 5<sup>th</sup>. Contact Mary Beth Mutchler for tickets at [mbe43@q.com](mailto:mbe43@q.com) or at 651-484-8872.

### Notes from our Sports Director Jacquie Carlone

In light of all the snow and ice, please be safe and put SOMETHING on the bottoms of your shoes. I personally have ICETreckkers. They cost about \$20 to \$35, but they are well worth it if you factor in falls and/or broken bones. Do not use the ICETreckkers on cement floors.

WCCO reported that the Lebanon Hills Park Visitor Center has a variety of winter activities that may interest members and friends: skiing, sliding, and skating. AND something that particularly caught my attention was Kick-sleds. They are located at 860 Cliff Road, Eagan, MN 55123. Their phone number is 651-554-6530. They are open from 9AM to 5PM, except they are open til 7PM on Fridays. The park charges rental fees for skiing sliding and kicks leading of five dollars per hour.

### Norwegian Language Classes

- "SON Norwegian Language Lessons" - Tuesday Class, March 12, 6:30-7:00 p.m. at Gustavus Adolphus Church before the meeting in the back corner
- "Norsk Nordmenn og Norge" book & "Ny i Norge" book, Wednesday Class, March 13 & 27, 1:00-2:30 p.m. at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119
- WELCOME to new members!
- Please contact Class Facilitator Sheryl Hove at [sherylhove@netzero.net](mailto:sherylhove@netzero.net) or 651-738-4908 for information

### Genealogy Group

The April 6<sup>th</sup> Genealogy Group Meeting will be at the White Bear Library.

### Hardanger Embroidery Class

- Next meeting: Friday, March 22
- If you are interested in joining this fabulous group, please contact Susan Stow for more information: [burle103@aol.com](mailto:burle103@aol.com) or 651-439-7255



### For Information:

**Chuck Draheim**, President 651-433-2008 or [cmdraheim@aol.com](mailto:cmdraheim@aol.com)

**Lowell Johnson**, Vice President

**Ingrid Bjorum**, Brevet Editor [ingrid@steinmetz.org](mailto:ingrid@steinmetz.org)

### Lahkoe Biejine! Congratulations on Sami National Day!

Part of the Sat. meeting was to learn about Sami National Day, which is really Feb. 6th. The first Sami congress was held in Trondheim, Norway in 1917. Now the day is celebrated in Oslo with the bells in City Hall playing the Sami Natn'l anthem as the flags go up. Celebrations include wearing the national garments, concerts, cultural events, eating national food, and displaying the flag. A big part of the celebrations is listening to yoiks, or music stories that have been sung around the campfire. Yoiks can be dedicated to a person, a natural phenomenon or an event. It would never be about the singer, as that would be considered arrogant.

On the [Samigiella](#) Youtube site, there are 300 words for ice and snow! Here Are a few examples: "Moarri" = snow with thin ice crust, that can not carry a man. "Vahca" = loose snow. Newly fallen snow lying on old snow. "Ciegar" = snow that was trampled by reindeers. "Sievlla" = Spring snow, so soft you sink into it.

Excellent rehearsal with 95% of our dancers present. We even had a visiting French exchange student who came to visit. From our attempted conversations with him, he probably did not understand very much, but he jumped right in to dance.

March is a very busy month for the Peer Gynt Dancers with a Tusen Takk performance March 3rd, our regular meeting March 9th, and our Festival of Nations audition on March 17th. It should be fun!

Both photos show some examples of traditional Sami National Dress.



*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, Family Lodge of the Year in 2006, 2008, 2013, 2016, 2017  
 Visit Synnøve-Nordkap online: <http://synnove1.com/>  
<https://www.flickr.com/photos/synnor/albums>  
<https://peergyntdancers.wordpress.com/about/>  
<https://www.facebook.com/SynnoveNordkap/>

Date and Time	Event	Location
Tuesday, March 5, 7:00 pm	Monthly Board of Directors Meeting <b>**All members are welcome</b>	Ramsey County Library - Maplewood 3025 Southlawn Dr Maplewood, MN 55109
Tuesday, March 12, 6:30 pm	Norwegian Language Class	Gustavus Adolphus Church 1669 Arcade St., St. Paul, MN 55106
Tuesday, March 12, 7:00 pm	Monthly Lodge Meeting	Gustavus Adolphus Church
Wednesday, March 13, 1-2:30 pm	Norwegian Language Book Group	Sun Ray Library 2105 Wilson Ave., St. Paul 55109
Friday, March 22, 10 - Noon	Hardanger Embroidery Group	Ronald and Susan Stow 103 East Burlington Stillwater, MN 55082
Wednesday, March 27, 1-2:30 pm	Norwegian Language Book Group	Sun Ray Library
Tuesday, April 9, 6:30 pm	Monthly Lodge Meeting <b>Membership Dinner</b>	Gustavus Adolphus Church