



SynNor Brevet

Synnøve-Nordkap
Lodge #1 - 008

December 2017
Issue Number 17 - 10



Front Page News

'Tis the Season for Julebord!

Don't miss our annual lodge favorite, the Julebord holiday feast! This year's holiday celebration will be held on December 12th starting at 6:00 p.m. No tickets or reservations are required. All lodge members are invited and are asked only to bring a dish to share. See the president's message to sign up.

This beautiful holiday feast will include all of our Scandinavian favorites such as: liver pate and crackers, potato sausage, meatballs, herring, salmon, shrimp, cheese, breads, Rødkål (red cabbage), Surkål (sweet/sour cabbage), beet pickles, rutabagas/carrots, sweet/sour cucumbers, red potatoes w/dill, fruit, Risengrøt (rice pudding), Rømmegrøt, dessert waffles and jam, Søtsuppe (Fruit soup), cookies, Krumkake, Sandbakkels, Rosettes, Spritz, and lefse! (Whew!)



Fra Presidenten

Dear Members,

God Jul and multiplied blessings to you as we enter into the Christmas season, and please don't forget **The Reason for the Season**.

We, as a country, owe so much to all who serve and have served our country. I cannot express how much I was moved by Gene Hanson's wonderful program at the November meeting. For those of you who missed it; Gene told us of his time as an Honor Guard at the Tomb of the Unknown Soldier. He had DVDs that gave us some history of Arlington Cemetery and The Honor Guard. We were also able to recognize our own members who are veterans, and to honor them on (or around) Veterans Day. Thank you, Vets, we are grateful to you for your service.

Can you believe it is December? You know what THAT means? **Julebord!** Food, lots of food, good food, Scandinavian food... So, we need you to sign up to bring that wonderful, good, Scandinavian food item to share with the rest of us. Please call me at 651-631-0399 or email me at slamann@comcast.net to select your item to bring. The sign-up lists are on separate pages here in the Brevet. We also need helpers for Julebord night. Remember, many hands make light work.

Please note that hors d'oeuvres start at 6PM. We need to have the food there in order to serve it to the eaters.

Blessings to you at this especially joyous time,
Sharon



2017-18 Nominations for Lodge Offices in Synnove-Nordkap 1-008

President - Sharon Amann
Vice President - Chuck Draheim
Secretary - Dave Mutchler
Treasurer - Jean Draheim
Membership Secretary - Trudi Johnson-Richards
Social Directors - Pat Carlson, Dianne Anderson
Cultural Director - Naomi Hagen
Counselor - Ron Stow
Sports Director - Lowell Johnson
Scholarship Director - Sasha Aslanian
*Foundation Director - OPEN
Jr. Lodge Director - Susan Stow
Webmaster - Dave Mutchler
Publicity - Leif Erickson
Facebook - Jana Stow Velo
Newsletter - Ingrid Bjorum, editor. Lynn Hoffmeyer, Dave Mutchler, Don Halvorson, Ron and Susan Stow, Mary Beth Mutchler
Auditors - Wayne Bjorum, Laura Sherman, Jennifer Stow
Trustees - LaRee Opdahl, Dave Hegdahl
Marshalls - Kathy Kaluza, Doug Peterson
Historian - Lenore Jesness
Musician - Norma Erickson
Greeters - Maureen Austinson, Mary Beth Mutchler
Sunshine - Mary Beth Mutchler
Librarian - Joanne Englund
Genealogy - Cathie Reasoner, Fred Matson
Norsk Classes - Sheryl Hove

Sign-up Sheet for Julebørd, Tuesday, Dec. 12, 2017 Must be there by 5:50PM

Liver pate / crackers: _____, _____

Meat (3 pounds each)

- Potato sausage: Norma Erickson _____, _____

Sliced ham: _____, _____

Meatballs: _____, _____, _____

Fish

- Herring & crackers (1 qt): _____,

Arline & George Carlson

- Salmon (3 lb. fillet): Mutchlers _____

- Shrimp (2-3 lb): Sheryl Hove, _____

Cheese Platter (2 lb. Sliced & Crackers)

- Gjetost: Cathy Reasoner _____

- Bondøst: _____

- Jarlsberg: _____

- Lefse rollups: _____

Breads (2 loaves sliced, then sliced in half)

- Cardamom: Dianne Anderson _____

- Flatbrød (8-10 rounds, broken up):

Lenore Jessness _____

- Julekage (2): Harry Thomsen _____

Smørbrød (Open face sandwiches; 4 doz. small):

Vegetables

Rødkål (red cabbage): _____, _____

Surkål (sweet/sour cabbage): Draheims _____

Beet Pickles (1 qt.): Dave Hegdahl , _____

Rutabagas/Carrots: Maf Berg , _____

Sweet/sour Cucumbers (1 qt.): _____

Red Potatoes w/dill (5 lb.): _____

Trudie Johnson-Richards

Desserts

- Risengrøt (Rice pudding): _____
- Christmas Cake: _____
- Rømmegrøt: Pat Carlson
- Dessert waffles and jam: Sue Halvorson
- Søtsuppe: (Fruit soup): _____

Cookies (4 dozen)

- Krumkake: Kathy Kaluza
- Ruth Gibson
- Sandbakkels: _____
- Rosettes: JoAnn Hogenson
- Spritz: Susan Stow

Other Sandinavian specialties (Specify)

- Soup: Lynn Hoffmeyer
- Jello: Nordales
- Glogg Naomi Hagen

Julebord
Tuesday, December 12, 2017
6:30 PM (hors d'oeuvres at 6:00)

Chairperson: Sharon Amann 651-631-0399 or slamann@comcast.net

*******[Call or e-mail me to sign up.](#)**

Setting up – starting between 4:30 and 5:00 PM

1. [Susan Stow](#)
2. [Ingrid Bjorum](#)
3. [Dianne Anderson](#)
4. [Dave Hegdahl](#)
5. [Lenore Jessness](#)
6. [Maf Berg](#)
7. [George & Arline Carlson](#)

Helping to organize food (basically being the last to eat at dinner)

1. [_____](#)
2. [_____](#)

Clean-up after dessert and coffee

1. [Dianne Anderson](#)
2. [Pat Carlson](#)
3. [Jacquie Carlone](#)
4. [Doug Peterson](#)
5. [Leslie Oliver](#)
6. [Sheryl Hove](#)

Thank you very much!

Secretary's Report

Board Meeting Minutes, 7 Nov, 2017

Attendees: Sharon Amann, Ron and Susan Stow, Dianne Anderson, Trudi Johnson-Richards, Chuck and Jean Draheim, Naomi Hagen, Ingrid Bjorum, Lynn Hoffmeyer, Sasha Aslanian, Pat Carlson, Dave and Mary Beth Mutchler.

- We began with Sasha regarding scholarships, as she needed to leave early. She brought us some very good questions and discussion points which will result in changes to be announced in the future.
- There was a quick review of the October lodge meeting. The amount of lodge history discussed may have been uninteresting to our visitors. Corrie Knutson's presentation was good as usual; the donations were excellent.
- We next reviewed the Torsk and Meatball Dinner and Silent Auction / Marketplace. There was an earlier post-mortem meeting held by Sharon on October 24 and attended by the Stows, Draheims, Mutchlers, Trudi and Jerry Richards, and Lynn Hoffmeyer. There will be some revisions to purchases, procedures and prices next year.
- We previewed the upcoming Julebord in December. We'll start with hors d'oeuvres at 6:00, with dinner at 6:30 as usual. Naomi will be making the glog this year. Sharon is chairperson, and will be doing the sign-up sheet.
- Jean gave a brief Treasurer's report. We have more than \$10,000 in our checking account. We unanimously approved a motion (Ron/Chuck) that we increase our annual gift to Ski for Light to \$100.
- Naomi led a discussion on highlighting and promoting the Festival of Nations. She and Sasha want to help Pat with signups, meetings, and both preparation and shift scheduling. Pat welcomes their addition to this endeavor. We discussed quite a few changes, including rewarding those serving more than two shifts with entrance into a raffle. We need to wait another year to perhaps involve Stine and her waffles in our Norway Café.
- Chuck will be contacting our members who are more than 45 days late with their dues to see what problems they may be having with their lodge membership in our lodge.
- Ron reported on the progress of the Nomination Committee regarding officers for 2018. We still have a need for a Foundation Director and a musician.
- At the request of Chuck and Ron, we will buy a flagpole with top to hold our lodge banner (fana) for use at meetings.
- The next board of directors meeting will be held at 7:00 PM on Tuesday, December 5 in the Board Room at the Maplewood library.

Submitted by: Dave Mutchler, Secretary

Lodge Meeting November 14, 2017

54 members and guests attended our November meeting. Gene Hanson brought his daughter Sarah, his son David and girlfriend Chrissie. Bob Barduson brought caregiver Paula, and Len Carlson brought his son Brian. Bruce Berggren, a SON member from Duluth, attended, and guest Marilyn Erickson came back.

- President Sharon Amann welcomed everyone, and we sang the anthems and did the pledge of allegiance.
- We recognized the November birthdays of Jean Draheim, Naomi Hagen, Dave Hegdahl, and Susan Stow.
- The October meeting minutes were approved as printed in the newsletter.
- Ron Stow announced that the Nominations committee had received agreements to continue from nearly all officers, with only the Foundation Director open and Musician (Susan is overbooked).
- Ron also gave a brief summary of our activity with the International Convention in August, 2018.
- As the Vice President of District 1, Ron discussed the new dues structure beginning in 2018, with individual dues increasing to \$60, but a new Family Membership of \$95 for everyone living at that address. The new dues structure will send \$14 to the lodge and \$14 to the district, compared to the \$7 currently sent to each entity. Sons of Norway International's share of the dues will not increase.
- Naomi Hagen made several announcements, including that the SON Christmas ornaments had arrived (17 were ordered, saving \$68 in shipping). We will again be featuring book reports at our January meeting, so get your name and book into Naomi ASAP.
- Ruth Gibson is now in charge of our bell-ringing on Saturday, December 2 at Mills Fleet Farm in Oakdale. We have three 2-hour shifts, 10-noon, noon-2, and 2-4PM. Two volunteers are needed for each shift. Ruth plans to bring something to stand on, two stools, and hot cider, plus home-made goodies. Call her to volunteer: 651-429-5572.
- Jean Draheim gave a Treasurer's report. We have \$9908+ in checking after making our deposit for 2018 Festival of Nations and sending \$100 to Ski for Light.
- Sharon announced that she would be bringing the sign-up sheets for our December Julebord around during coffee.
- Gary Hanson won the \$5 door prize.
- Sharon then adjourned the meeting and turned things over to Gene Hanson, who gave an inspiring talk with 3 DVD's on the Tomb of the Unknown Soldier. He finished by recognizing our veterans by service branch, and we all sang "God Bless America." We ended with some great treats from Diane Anderson, Jacqui Carlone, Trudi Johnson-Richards, LaRee Opdahl, and Susan Stow. Mange tusen takk!

Submitted by Dave Mutchler, Secretary

Skål! Juleøl-Norwegian Christmas Beer

by Don Halvorson

The origins of beer is believed to have begun with the development of cereal agriculture 12,000 years ago when hunter-gatherer cultures evolved into agrarian societies. A 9,000-year old Chinese recipe of fermented rice, honey and fruit was the first known alcoholic beverage, but the first barley beer likely came from the Middle East.

Brewing beer in Norway has been going on for at least 1500 years. The tradition of Juleøl, or Christmas beer, long precedes Christmas. Pagan Norwegians were known to drink beer while celebrating the festival of Yule, welcoming the return of the sun during the coldest and darkest period of the year. Beer was sacrificed to the gods Odin and Freya asking for a return of the sun and a good harvest the following year.

During early Christian times, the tradition of brewing Christmas beer was attributed to Olav Trygvason. The winter solstice became a time when strong beer was brewed and consumed to honor the glory of Christ and Mary. The more potent the beer was, the greater the devotion.

Until 200 years ago, every farm in Norway had its own brew house. According to legend, in medieval Norway brewing beer for the holidays was the law. Those who did not paid a fine. If this continued for a period of three years a family could lose their farm to the king or bishop, or worse, banished from the country.

Traditionally, the brewing of Juleøl began about fourteen days before Christmas, and was done by December 21st. The usual ingredients included the best barley, syrup, hops, juniper berries, with tobacco and sugar added for strength. Some also added spruce tips if available. Successful brewers also paid close attention to the weather, the cycles of the moon, the appearance of the sun and low and high tides. When adding the yeast to the wort, it was believed that one had to shout into the vessel to shock the yeast into beginning the fermentation process. Producing a good beer was a status issue. Someone who created an exceptional beer gained the endearing respect from his neighbors.



Although home brewing is still in existence in Norway today, in the mid-1800s, it was mostly displaced by commercial breweries. Breweries continued the tradition of brewing a Christmas beer, but by the end of the century, the commercial brew had become considerably weaker. The choices were either potøl (pot beer) or søttøl (sweet beer). Both were sweeter beers meant to go well with most foods.

In the 1930's, between the wars, Christmas beer became more common. Norway's Brewers Association created a cartel, dividing up the country, giving each brewery a monopoly of selling only their beer in their surrounding area. This resulted in a standardization of product, and also created a solid front against the growing temperance movement. During the German occupation, no Christmas beer was produced because no one had the resources. It didn't return until 1956, and then every brewery sold the same beer at the same price and bottled it between November 29 and January 15.

In the last part of the century, several things contributed to further growth of Christmas beer. During the 1980's the cartel crumbled, creating a competition between breweries. In the 1990's, strong beer was introduced, allowing more choices in Christmas beer alcohol content for the consumer. Today, with the craft beer explosion in Norway, there are many more brewers to choose from. Norway and the long tradition of brewing Christmas beer.

<https://www.heritagedaily.com/2015/12/norway-and-the-tradition-of-brewing-christmas-beer/108733>

Juleøl – a reason alone to look forward to Christmas: <https://arcticgrub.wordpress.com/2012/12/18/juleol-a-reason-alone-to-look-forward-to-christmas/>

Benefits and Finances

You've Worked Hard for Your Money: Although you can't take it with you, You Can Leave a Legacy!

by Paul Dormody

I often speak with lodge members who have done their financial planning homework. They have a will, they've worked hard and been fortunate enough to provide for a comfortable retirement, they have no heirs (or have provided for their heirs), and are considering what they would like to have happen to the remaining part of their estate when they die.

If you happen to be one of those individuals, let me ask you a question: Have you ever considered making charitable giving part of your plan?

Of course, there are several ways to make a positive impact on your community through charitable giving such as 1) gifts by will or revocable trust, 2) gifts of stock, 3) IRA distributions, 4) gifts of cash, etc.

But one of the most cost-effective choices is to purchase a Sons of Norway life insurance policy. Here are some of the reasons why this option could create a legacy that will persist and will not be forgotten.

1. As a member of Sons of Norway, you already have made a commitment to support your heritage. But think of this. A small, easily affordable, monthly life insurance payment would be greatly magnified at the time of your death

2. A portion of the life insurance premium is returned to your lodge through the Lodge Revenue Sharing Program
3. Sons of Norway returns \$1,000,000 from insurance operations to Fraternal (lodge) operations **each year!**
4. The IRS allows you to deduct your charitable gift!

As an example, let's say you decide to create a scholarship fund in your name through Sons of Norway and that you fund it with a life insurance policy.

It would seem to me a Sons of Norway member and their deserving child who benefits from that scholarship would never forget the kindness of the person who made their education possible.

If you feel that this might be of interest to you, feel free to call me or send me an email.

I look forward to talking with you.

Paul Dormody

Sons of Norway Financial Benefits Counselor
651-731-5358; pdormody@mwisa.com



Bulletin Board

Sunshine News

Our sympathy goes out to Paul Hove and family on the death of his mother. Her funeral was November 14th.

Community Outreach

Ruth Gibson will coordinate our lodge bell-ringing this year. We will be at Mills Fleet Farm, Oakdale on Saturday, December 2. Contact Ruth at 651-429-5572 or ruthlylegibson@yahoo.com. Thanks!

We Want Your Book Review: 5-7 minute review of a Scandinavian book for our January lodge meeting. Contact Naomi Hagan to present: 651-373-8801 or nahagen4@gmail.com

European Christmas Market

The Peer Gynt dancers will add Norwegian flair to the European Christmas Market. The dancers will perform in a heated tent on Sunday, December 3 at 1:00 p.m. The 4th annual European Christmas Market runs Fridays, Saturdays and Sundays at Union Depot in downtown St. Paul for the first two weekends in December. This free event is based on the festive open air Christkindlmarkts that spring up in Germany, Austria and Scandinavia during the Advent season.

Shop for unique, handmade holiday gifts and decorations from local vendors, drink Glühwein (spiced mulled wine), taste European inspired food and cheer on the Peer Gynt Dancers.

<http://stpaulchristmasmarket.com/>

Peer Gynt Dancers Annual Baking Day Sat., Dec. 9th

Bethlehem Lutheran Church, 490 N. 4th St. Bayport. 1 - 2:30. Bring a container to take cookies home.

For Information:

Sharon Amann, President
651-631-0399 or samann@comcast.net
Chuck Draheim, Vice President 651-433-2008
Ingrid Bjorom, Brevet Editor ingrid@steinmetz.org

Norwegian Language Classes

- Tuesday, December 12, NO CLASS
- "Norsk Nordmenn og Norge" & "Ny i Norge" Wednesday, Dec. 6 & 20
- See calendar for dates & locations
- WELCOME to new members!
- Please contact Sheryl Hove at 651-738-4908 or sherylhove@netzero.net for information.

Genealogy Group

- Genealogy Group does not meet in December
- Get a jump start on researching your ancestry by interviewing relatives at family holiday gatherings.
- Next mtg. January 6 at the Maplewood Library. Learn to create and research your family tree.

Hardanger Embroidery Class

- God Dag! Hello to all you wonderfully fun embroiderers. Our next meeting will be Friday, Dec. 1st, 10AM at my place, 103 East Burlington, Stillwater. I am going to set aside some time to get the border done so I can catch up on the next step, and just cross my fingers that I have the right count on all my stitches. Uff da!
- Hope you all can make it! Susan
- **Free** Hardanger embroidery class for lodge members. Contact Susan Stow burle103@aol.com or 651-439-7255 to register.

Sandeen's Scandinavian Gifts

White Bear Ave. at Ivy, St. Paul, 651-776-7012

- **BOOK SIGNING:** Meet Marilyn McGriff, author of *Caught in the Lye*, a novel about an apparent murder in a Minnesota lutefisk processing plant
- Saturday, December 9th, Noon-2PM
- **Bring in this ad for 10% off your total purchase of regular price merchandise. Offer expires December 16th**

December 2017 SynNor Brevet

Past & Future

New Land, New Life in Owatonna

Synnove-Nordkap Lodge's historical exhibit, New Land, New Life, is currently showing in Owatonna, Minnesota at the Steele County History Center. Nortonna Lodge and the History Center have created a fine display of the exhibit panels and accompanying artifacts, which their members have provided. Ron and Susan Stow were invited to the grand opening of the exhibit. Presentations by lodge members described some of the artifacts, including a beautiful Oppland bunad, a finely carved kubbestol, and a pair of long, hand-made wooden skis. Synnove-Nordkap members are asked to let their friends and relatives in the Owatonna area know about the exhibit. This may be the last scheduled exhibit of the New Land, New Life panels, which have been travelling throughout Minnesota since our original showing in St. Paul in 2013. They will be on display at Steele Count HC through the end of January.



New This Winter: Synnove-Nordkap Bok Klubb (Book Club)!

In conjunction with our January Book Review Night, we will begin a short four-month Bok Klubb (Book Club). The Bok Klubb will meet from January to April following our monthly lodge meeting, and will read a variety of books based on member input.

For January, choose a book written by a Scandinavian author and come ready to share a very brief review of the book with those at our table.

We'll meet during coffee/treats, so grab your goodies and join us at the table with the "RESERVED FOR BOK KLUBB" sign on it.

Check out the lodge's library or you own neighborhood library for suggestions. We'll also have a brief list of Norwegian authors and books available at the sign-in/badges table. Hope to see you sitting at the Bok Klubb table in January!

Save the Date: Festival of Nations May 3-6, 2018

Please mark May 3-6th on your calendars now to save the dates for the 2018 Festival of Nations. We need many enthusiastic volunteers to prepare and serve the delicious food from our Norway Cafe to hungry and curious guests. We'll have shorter shifts available this year. Details on how to sign up will be coming soon!

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

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
Friday, December 1, 10 am	Hardanger Embroidery Class	Susan Stow's home 103 E. Burlington, Stillwater, MN
Tuesday, December 5, 7:00 pm	Monthly Board of Directors Meeting	Ramsey County Library - Maplewood 3025 Southlawn Dr Maplewood, MN 55109
Wednesday, December 6, 1-2:30	Norwegian Language Class	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Saturday, December 9, Baking Day 1-2:30	Peer Gynt Meeting/Rehearsal and Performance	Bethlehem Lutheran Church 490 N. 4th St. Bayport, MN
Tuesday, December 12, 6:00 pm	Julebord	Gustavus Adolphus Church 1669 Arcade St., St. Paul, MN 55106
Wednesday, Dec. 20, 1-2:30 pm	Norwegian Language Book Group	SunRay Library

Junior Lodge

A busy meeting in November! Thanks to Josie Haugen for her Språktime, mini Norwegian language lesson about animals. It was fun to hear what pets everyone has. "Jeg har en kat."

Our rehearsal looked impressive because all the dancers were wearing their bunads. We worked through our half hour performance once and then reviewed how the sequence of dances flowed from one to the next.

Tusen takk to Kaia and Liv Larsen for special treats today!

At 2:30 we drove from the Bayport Library rehearsal spot to Linden Estates Senior Home in Stillwater. It was a wonderful, spirited half hour performance by the Peer Gynt Dancers. The residents seemed to enjoy seeing the children very much and we were happy to share smiles and enthusiasm along with the Norwegian folk dances and tunes.

