



# SynNor Brevet

Synnøve-Nordkap  
Lodge #1 - 008

December 2022  
Issue Number 22 - 11



## Front Page News

### 'Tis the Season for Julebord Tuesday, December 13 at 6:30 PM

Plan to meet for our annual lodge favorite, the Julebord Holiday Feast! It will be held on Tuesday, December 13 at 6:30 pm at Gustavus Adolphus Lutheran Church. Lodge members are invited to attend and bring a dish to share.

This will be a limited feast with Norwegian appetizers, cold foods, and many of our wonderful Norwegian sweets. If you have not already signed-up, you can do so by contacting Dianne Anderson via email: [bobdianne2@comcast.net](mailto:bobdianne2@comcast.net) or phone: 651-774-8443 and leave a message. The list of suggested foods is below. Please let us know what you are bringing or call to find out what we are missing.

Appetizer-type foods include: sausage, cheese and crackers; liver pâté with crackers; a cheese platter with gjetost and Jarlsberg; lefse rollups; herring and crackers; cold salmon; shrimp; sliced buttered Julekake; flatbread; or small smorbrod. Sweets include: rolled lefse with sugar; rice pudding; riskrem with lingonberries, vaffler with jam and sour cream; rommegrot; krumkake; rosettes; spritz; sandbakkels; plus other cookies to make up the other traditional seven cookies. These are simply suggestions; use your own ideas that fit our limited menu.

As of publication, we would still love to have the following items as part of our feast, so if you can bring any of these, please call Dianne: cardamom bread, smorbrod (open-face sandwiches), rutabagas/carrots, red potatoes with dill, sotsuppe (fruit soup), sandbakkels.

Playing the keyboard, singing, and leading Christmas songs for our Sons of Norway Julebord and program will be Tom Erickson. He grew up in very Norwegian Twin Valley, Minnesota. As a sophomore in high school, he began playing in a dance band. After retirement he had a band for 15 years, until recently when he opted to be a solo performer. He now does solo gigs for senior centers and private parties. He now lives in Cottage Grove.

### President's Letter

Gladlig Jul Synnove-Nordkap!

As I was thinking of Christmas memories to draw on for this article, I found myself recollecting the activities centered around our church while growing up in Albert Lea, MN. Christmas at Grace Lutheran Church was special. We had a large, vibrant, and active congregation. I remember one year my Uncle brought sheep to be featured in the manger set-up on the church lawn on Christmas Eve. My Confirmation class was 50+ kids, so imagine how many kids there must have been when all the Sunday school classes combined for the Christmas pageant. The pageant featured a little play about the birth of Jesus and a little concert of Christmas carols and hymns. I remember being a shepherd and having to wear a head covering made of burlap (a potato sack, I'm sure). As I stood on the altar steps singing loud and proud, that scratchy burlap made my neck and forehead itch and itch! It was all I could do to finish the carols and not pull it off! After the program, we all lined up and went to the church basement where we received a little paper box with a red string handle full of Christmas candies. As I recall, there was a manger scene on the side of the box with a beautiful star shining above! One year we got a small bag of peanuts, too.

Maybe most special of all, was the Christmas Eve midnight service (it may have actually been 10:30 p.m.). As a child, though, it seemed SO late. It probably would again at this age! Ha! We sang "Silent Night" in English and Norwegian. We sang the quiet and peaceful "O Little Town of Bethlehem" and, in perfect contrast, the loud and thrilling "Joy to the World" with the pipe organ trumpets blaring! As the service came to a close, a huge wrought iron, sculptured star bedazzled, with hundreds of mirrored glass pieces, in the beam of a theater spotlight and would cast sparkling lights all throughout the ceiling of the sanctuary. The hymns ended, and the congregation would walk out in silence. Once out in the cold night air, hearing the crunch, crunch, crunch of snow beneath each footstep, we would wish our friends and neighbors "Merry Christmas!"

I hope this Holiday Season brings you not only memories of the past, but also new memorable moments as well. I hope you sing softly and reverently. I hope you sing loudly and joyfully. I hope you greet a neighbor or a friend. And, I hope you can see that sparkling, twinkling, spinning star high above.



Fred til alle,  
Lowell Johnson, President

# Secretary's Report

## Synnøve-Nordkap Lodge #1 – 008 Board of Directors Meeting Via Zoom 10/4/22

### Synnøve-Nordkap Lodge #1 – 008 Board of Directors, Via Zoom, 11/1/2022

Members in attendance: Jean Draheim, Lowell Johnson, Connie Chrissis, Lynn Hoffmeyer, Ingrid Bjorum, Chuck Draheim, Ron Stow, LaRee Opdahl, Susan Stow, Audrey Waage, Dianne Anderson, Mary Beth Mutchler, Dave Mutchler, Jean Knaak

Guests: Sydney Colquitt and Alicia Wiesneth

Lowell called the meeting to order.

**URBAN EXPEDITIONS PROGRAM:** Lowell introduced our guests, Sydney and Alicia, who spoke about the Landmark Center's Urban Expedition program. It provides families with an opportunity to learn about the world right here in Saint Paul. The program provides authentic cultural experiences including music, dance, crafts, food, and traditions from different destinations. Slides were shown of this year's destination programs, and all decided it is something that our lodge is very interested in. Our day for the Norwegian culture will be Sunday, February 26 from 1 to 3pm at the Landmark Center in St. Paul. Lowell will be the contact person, and planning will begin.

**TREASURER'S REPORT-Jean D:** Motion made by Mary Beth to pay \$17.17 to LaRee for purchase of cups. Lynn seconded. Motion carried.

Motion made by Dave to accept the following payments which to be made on a regular monthly basis through the end of the year without needing approval each month: monthly GA rent, Brevet costs, up to \$200 for monthly speakers, \$15 cost of Quickbooks to Jean and Chuck. Jean K seconded. Motion carried.

**SECRETARY'S REPORT-** Connie asked that Board members remove Sasha's name from their group mailing lists.

LaRee said she has received a couple of transfer requests to our lodge which she will follow up on.

Mary Beth announced that trudi Johnson-Richards will be celebrating her 90th birthday on November 5th. More info in the November Brevet.

**DISTRICT ONE REPORT-Ron:** Ron will re-send the headquarters list of dates due as some Board members hadn't received his first mailing.

**JUNIOR LODGE-Susan:** The Peer Gynt dancers will be performing at two events that will earn them \$100 at each. The first is Sat, Nov 12, 7pm, at the Norsota Lodge in Apple Valley, and the other is Sat, Dec 4 from 3-4pm at the European Christmas Market in St. Paul.

**BREVET:** Ingrid sent the instructions for people to access the Brevet when going to the website rather than sending a link. The hope is people will be able to view other information that is posted there. She asked to be kept posted on the Urban Expedition process so it can be mentioned in the Brevet.

**SPORTS DIRECTOR-Audrey:** The last day for "It's a Walk in the Park" will be Thursday, Nov 17 at 1pm again at Central Park in Roseville.

She is thinking of meeting at different parks in the area next year and has also asked for ideas from members.

**NOVEMBER MEETING-Jean K:** Joseph Grødahl, Director of Programs and Events at Norway House, will discuss with us his vision of what the future of Norwegian America looks like, particularly in the Twin Cities. Julebord planning for December was discussed.

There will be a recognition of veterans.

**TORSK AND MEATBALL DINNER-Jean D and Chuck:** A positive review was given. The need for more help was discussed. Everyone approved of a suggestion to ask that donated dessert items be divided with part being added to the bake sale. Jean provided a very rough estimate of income and expenses. She will send all Board members a detailed report.

**2023 OFFICER ELECTION-Ron:** Election will occur at our December Board meeting. We need a Vice President and a Scholarship Director. He is working with Sheryl Hove and Lenore Jesness, the nominating committee, to fill these positions.

**GA BENCH DONATION-Ron:** Ron saw a display at GA about the Eagle Scout project of Adam Cole, a member of Troop 25 at GA. Eight benches will surround a fire pit built by Adam at GA. The sponsor donation is \$60. A plaque composed by the sponsor with 5 lines, up to 50 characters each, will be attached to the bench. I hereby make a motion that Synnøve-Nordkap Lodge 1-008 sponsor one bench in Adam Cole's Eagle Scout project with a donation of \$60. Ron Stow, Jean K seconded and motion carried.

With no further business, the meeting was adjourned.

The next Board of Directors meeting will be Tues, Dec 6, 2022 at 7p via Zoom.

## Synnøve-Nordkap Lodge Meeting #1-008 Nov 8 at 7pm

• President Lowell Johnson called the meeting to order.

• **Members attending:** 29

• **Guests:** 6

• **November birthdays:** Clay Lance, Susan Stow, Jean Draheim

• **November anniversaries:** None

• Anthems were sung.

• Lowell gave recognition to our member veterans.

• **Urban Expeditions:** Alicia Wiesneth spoke about the Landmark Center's Urban Expedition program. The program provides authentic cultural experiences including music, dance, crafts, food, and traditions from different destinations around the world. Our Lodge is planning to have a Norwegian exhibit on Sunday, February 26 from 1 to 3 pm and planning has begun.

• **Walk in the Park:** Lowell reminded everyone that the last walking event of this year will be held on Thursday, November 17 at 1 pm at Central Park (Muriel Sahlin Arboretum) in Roseville.

• **2023 officers:** Ron announced the need for a Vice President and Scholarship Director.

Jean Knaak announced we will musical entertainment and a singalong provided by Tom Erickson.

(Secretary's Report continued on page 4)

## Lodge News

(Secretary's Report continued from page 3)

- **Julebord:** Dianne Anderson, Patty Carlson, and Lowell Johnson are heading the committee. This event will take place at our next meeting on December 13 starting at 6:30 pm. There was a sign-up sheet for foods and volunteers. For those who were not at the meeting or forgot to sign up, an email will be sent to all members with food and volunteer sign-up opportunities. You may also contact Dianne Anderson to let her know if you can volunteer and what you will be bringing. Jean Knaak announced we will musical entertainment and a singalong provided by Tom Erickson.
- **Program:** Joseph Grødahl, Director of Programs and Events at Norway House, spoke of how Norway House connects the United States and contemporary Norway through arts, business, and culture. He summarized the Queen's visit with stories and slides.
- **Door prize:** Kathy Kaluza was the winner
- **Treats:** Thank you Sheryl Hove, LaRee Opdahl, and Char Lance for providing treats.
- **Reminder** that 2025 will be the Norse Bicentennial which will celebrate the embodiment of the Norwegian spirit. (Cchrisis)

### Nominations for Lodge Offices for 2023

The positions of scholarship director and marshall are open. Please volunteer. The continued success of our lodge depends on a full board of directors and a full roster of officers. The election for these offices will take place at the December lodge meeting. Installation of officers will be held at the January lodge meeting.

#### **Board of Directors**

President - Chuck Draheim  
Vice President - Kathy Kaluza  
Secretary - Connie Chrissis  
Treasurer - Jean Draheim  
Counselor - Lowell Johnson  
Membership Secretary - LaRee Opdahl  
Junior Lodge Director - Susan Stow  
Social Directors - Pat Carlson and Dianne Anderson  
Cultural Director - Jean Knaak  
Scholarship Director - **OPEN**  
Foundation Director - Gary Legwold  
Sport/Recreation Director - Audrey Waage  
Directors-at-Large - Lynn Hoffmeyer, Mary Beth Mutchler, Dave Mutchler  
Newsletter Editor - Ingrid Bjorum  
Webmaster - Ingrid Bjorum  
District 1 Liaison - Ron Stow

#### **Appointed Officers**

Trustees - LaRee Opdahl and Dave Hegdahl  
Marshall - **OPEN**  
Assistant Marshall - Doug Peterson  
Historian - Lenore Jesness  
Musician - Jan Allen  
Greeters - Maureen Austinson and Mary Beth Mutchler  
Librarian - Ingrid Bjorum  
Sunshine - Mary Beth Mutchler  
Newsletter Staff - Don Halvorson, Lynn Hoffmeyer, Dave Mutchler, Mary Beth Mutchler  
Publicity - Leif Erickson and Jana Velo  
Technology - Chuck Draheim, Dave Mutchler, Lowell Johnson  
Genealogy - Cathie Reasoner and Fred Matson  
Norse Language Classes - Sheryl Hove  
Auditors - Clayton Lance, **OPEN**  
Financial Benefits - David Okeson  
Nominating Committee - Ron Stow, Sheryl Hove, Lenore Jesness



## A Scandinavian Christmas

by Don Halvorson

While Christmas is commonly considered one of Scandinavia's best loved holidays, some individual traditions have evolved over time, from country to country.

In Sweden, Christmas begins on December 13 with St. Lucia's Day. This holiday celebrates the life of the martyr who secretly brought food to persecuted Christians in hiding in the 3<sup>rd</sup> Century Roman Empire. That morning, in each home, a young daughter dresses up in a white robe and crown of candles, to serve the family buns, coffee, or mulled wine. The tree, which is usually set up a few days before Christmas, is decorated with red and white flowers, poinsettia, tulips, or amaryllis. Church services on Christmas Eve are followed by a traditional family buffet dinner of ham, pork, fish, and an assortment of desserts. After dinner gifts are distributed by someone dressed up as the Tomte, the Christmas gnome of folklore who otherwise lives in the Swedish forest.

In Denmark, Christmas begins on December 23. That evening is the start of three days of feasting. On Christmas Night, families sit by the tree, exchanging presents and singing carols. Denmark's Santa Claus is called *Julemanden*, the Yule Man. He arrives on Christmas Eve in a sleigh driven by reindeer to deliver his gifts to all the children. Yule Man's helpers are *Julenisser*, impish elves who are believed to live in the attic or surrounding barns during the rest of the year.

For Norwegians, Christmas Eve is the most important night of the holiday. It includes church services and, for many, last minute shopping. Since most of the restaurants close for the holiday, dinners are served at home. Norway's Christmas

elves are also called nisse. Historically, this elf has become an embodied spirit of the winter solstice and Norway's version of Santa Claus. The Julebukk, another popular yuletide icon, is a straw goat ornament and a seasonal connection with Norway's Viking past. In the countryside, neighbors traditionally go from house-to-house visiting and sampling home brew. Every Christmas, Norway cuts down a giant evergreen tree and sends it to London, where it graces Trafalgar Square during the holiday season, as a grateful thank-you for all Britain did for Norway during WWII.

In Finland, Christmas is more than a two-day affair. Holiday greetings begin weeks before and last well after the official date. On the day of Christmas Eve, many spend the afternoon in a sauna for purification and relaxation. Many then go to the Christmas mass, while others go visit cemeteries and light candles for relatives who have passed. After the Christmas Eve meal, Joulupukki, Finland's Santa Claus, arrives at the door to distribute presents to those who have been good.

In Iceland, Christmas lasts for 26 days, from the December 11<sup>th</sup> until January 6<sup>th</sup>. Along with lots of snow and northern lights, the season brings legendary folkloric characters. There are the thirteen Santa Clauses, mischievous pranksters called the Yule Lads. One by one, they appear each night during the last 13 days of the Yule holiday and leave behind small items in the shoes that the children have put up on their window sills. Those who have been good receive a gift. Others receive a potato. Then, there are the dreaded mountain-dwelling creatures, Gryla, the child eating giantess, and the huge, savage Yule Cat. Both arrive around Christmas, looking for young children to steal who have been misbehaving.

[Christmas in Scandinavia: Traditions, Events, and Foods](https://www.tripsavvy.com/Traditions_Events_and_Foods)  
<https://www.tripsavvy.com/Destinations/Europe>



## Bulletin Board

### Sunshine News

Best wishes to Karen Vinnes as she continues her recovery from heart surgery.

### Sunshine News

We hope Chuck Draheim is doing well after shoulder surgery.

trudi Johnson celebrated her 90th birthday with family and special SON guest Pat Carlson!



### Genealogy Group

The Genealogy Group will be meeting on Saturday, December 3 from 10 am to noon via Zoom. A notice will be sent out to all lodge members with the meeting information. Newcomers are always welcome. We will help you get started organizing your information and teach you how to start researching your ancestors.

### Norwegian Language Classes

Norwegian Language Classes  
"SON Norwegian Language Lessons"  
**No class** on Tuesday, December 13

"Norsk Nordmenn og Norge" book & "Ny i Norge" book  
Wednesday Class, December  
14, 1:00-2:30 p.m.  
at SunRay Library, 2105 Wilson Ave., St. Paul,  
MN 55119

WELCOME to new members!

### Lodge Website

Check out past issues of the newsletter, the lodge event calendar, and so much more at <https://synn-nord.org>

### For Information:

**Lowell Johnson**, President:  
[pres.synn.nord@gmail.com](mailto:pres.synn.nord@gmail.com)

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



### JUNIOR LODGE UPDATE

One of our favorite meetings each year is the December Norwegian Christmas cookie baking day. Blend together aromas of almond cookie dough with other flavors for a tantalizing kitchen atmosphere, and you know why it is a favorite. Of course, we bake krumkake, kringla B's, and sandbakkelse, our favorites. We have to avoid the recipes like rosettes and fattigman that bake in hot fat for safety reasons. Other recipes call for too many steps which would not work out in our meeting time frame. We do like to change it up a bit for a challenge. This year we will bake citron kake, Norwegian lemon cookies, and havrekniplekaker, oatmeal lace cookies. Junior Lodge parents are good about supervising baking stations and dividing the baked goods into the tins our bakers have brought. We share the recipes with the families just in case not too many make it home to share.

Our Norsota performance was a hit! Members of this Dakota County lodge were very receptive to the spirited dancing. We received so many positive comments and compliments afterwards. As a result, we were asked to perform at the Norsota Nordic Fest next June 17th.



Image by  
Alexandra von  
Gutthenbach-  
Lindau from  
Pixabay

*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  
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Date	Event	Location
Saturday, December 3, 10 am - Noon	Genealogy Group Meeting	Virtual meeting via Zoom
Sunday, December 4, 3 - 4 PM	Peer Gynt Dance Performance at European Christmas Market	Union Depot 214 4th Street East St. Paul, MN 55101
Tuesday, December 6, 7 PM	Board of Directors Meeting	Virtual meeting via Zoom
Tuesday, December 13, 6:30 PM	Monthly Lodge Meeting Julebord	Gustavus Adolphus Lutheran Church
Wednesday, December 14, 1 - 2:30 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Tuesday, January 3, 7 PM	Board of Directors Meeting	Virtual meeting via Zoom