

SynNor Brevet



Synnøve-Nordkap

Lodge #1 - 008

December 2025

Issue Number 25 - 11



Front Page News

December Program



Our program for our December 9th Julebord will include first course food demonstrations before the Julebord. Has anyone ever made primost, which is like soft gjetost? That is just one of the three demos.

We will follow our meal with special entertainment and Christmas carols!

The online program for February is still being planned, pending logistics.

Remember that we have decided not to have programs in person in January and February, but will instead have special summer activities.

Julebord on December 9, 2025



Julebord is not only our Lodge's last get-together of the year, but it is also the embodiment of Food, Fun, and Fellowship. Julebord is the ultimate pot luck supper that highlights Scandinavian favorites. And the more people we have contributing, the more successful it will be! Please refer to the sign-up sheet on the next page and let Sharon know what you would like to bring to share. If bringing food is inconvenient for you, please consider contributing toward the cost of the meatballs.

We will be having something new that you have just read about in the previous article about an appetizer demonstration and sampling. Yum!

We still need people to sign up for items. Please see the sign-up sheets and call, email, or text ASAP to Sharon Amann. The information is on the sheets.

Sign-up Sheet for Julebørd on Tuesday, Dec. 9, 2025

Meat

- Potato sausage: Dave Hegdahl
- Sliced ham: Randy & Happy Youngs
- Meatballs: The Lodge
- Venison: _____
- Liver pate / crackers: _____

Fish

- Herring w/crackers : Leslie Oliver
Sam Haroldson
- Salmon: Sandra Bestland
- Shrimp (2-3 lb): Sheryl Hove
Audrey Waage

Cheese Platter (2 lb. Sliced)

- Gjetost: Dianne Anderson
Marilynn Erickson
- Jarlsberg: Dave Mutchler
- Bondøst: _____

Breads (2 loaves sliced, then sliced in half)

- Rye: Chris Bales
- Flatbrød: _____
- Lefse: Kathy Kaluza

Salad

Dianne Anderson

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

Jean Knaak + a demonstration

Vegetables

- Rødkål (red cabbage): _____
- Beet Pickles (1 qt.): Sharon Amann
- Rutabagas/Carrots: Sharon Amann
- Sweet/sour Cucumbers (1 qt.):
Connie Chrissis
- Red Potatoes w/dill (5 lb.): _____
- Veggie Tray: Taffy Stork

Desserts

- Risengrøt (Rice pudding): Dana Carlson
- Kringla: _____
- Rømmegrøt: Pat Carlson
- Waffles w/Jam & Sour Cream: _____
- Søtsuppe: (Fruit soup): _____
- Kransekake: _____

Cookies (4 dozen)

- Krumkake: Dave Bergren
Kathy Kaluza
- Sandbakkels: Randy & Happy Youngs
- Rosettes: JoAnn Hoganson
- Spritz: Susan Stow

Other Scandinavian specialties (Specify)

- _____:
- _____:

Punch Ingredients

- 2 Frozen Cranberry Concentrate:
Becky Foro
- Drykk Lignon concentrate (Ikea)
Sharon Amann
- Sprite (2 liter bottle): Becky Foro

President's Letter

Dear Members,

I hope all are in good health as you are in a rush to get to Christmas.

December 9 is our Julebord. We will have a lot of food and fun!

Please save your used stamps for Norway.

We have been selected to be at International Festival of Minnesota, which was Festival of Nations before. It will be April 10-11, 2026. We will need your help -- thank you!

Have a great Christmas and Happy New Years,

Kathy Kaluza
Synnøve-Nordkap President

Julebord Volunteer List Tuesday, December 9, 2025

Call, text, or e-mail me to sign up: Sharon Amann
651-706-9700 or slamann@comcast.net

Set up – starting between 4:30 and 5:00 pm

1. Sharon Amann
2. Ole Shmolee
3. Dana Carlson
4. Sheryl Hove
5. Leslie Oliver
6. _____
7. _____

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

1. Sharon Amann
2. Ole Shmolee
3. _____
4. _____

Clean-up after dessert and coffee

1. Randy & Happy Youngs
2. Sandra Bestland
3. Ole Shmolee
4. Pat Carlson
5. Sheryl Hove
6. Leslie Oliver
7. Dave Hegdahl

2026 Lodge Scholarship Applications Now Available

Applications for scholarships available from Synnøve-Nordkap for 2026 are now available on the Lodge website <https://synn-nord.org/scholarships/>. Junior Lodge members as well as children or grandchildren of active lodge members are eligible to apply for Synnøve-Nordkap postsecondary (deadline March 15th) and language camp (deadline May 15th) scholarships for 2026. Information, applications, and links to language camp scholarships and additional Sons of Norway resources/scholarships can be found by following the above link. In-person camps are currently planned for Skogfjorden, a Norwegian language immersion camp, for summer 2026.

Synnøve-Nordkap also offers adult lodge members the opportunity to apply for the Nordic Experiences Scholarship on a year-round basis to help with the cost of exploring their cultural heritage from a regional folk school, local museum, or even language camp. Visit the above link for additional information and the application.

Lodge News (continued)

Installation of Lodge Officers to be Held at March Lodge Meeting

The following members were elected to the lodge board of directors at the November meeting of Synnove-Nordkap Lodge. They will be installed at the March in-person meeting along with the appointed officers listed below.

President..... Kathy Kaluza
Secretary LaRee Opdahl
Assistant Secretary..... Sheryl Hove
Counselor Ron Stow
Scholarship Director..... Jill Hanson
Social Director Dianne Anderson
Newsletter Editor..... Becky Foro

Vice President..... Sharon Amann
Treasurer Connie Chrissis
Cultural Director Jean Knaak
Social Director Pat Carlson
Junior Lodge Director..... Susan Stow
Director-at-large..... Happy Youngs

Appointed lodge officers

Peer Gynt Folk Dancers Jana Velo
Greeters Audrey Waage, Connie Chrissis
Marshalls Leslie Oliver, Lori Quello, Dana Carlson
Norse language classes Sheryl Hove, Audrey Waage
Brevet Staff..... Sharon Amann, Dave Mutchler
Auditors Clayton Lance, Randy Youngs
Lodge website Leif Erickson
Lodge Facebook..... Leif Erickson
New Land New Life Exhibit Coordinator Lowell Johnson

Positions which remain open include historian, librarian and NLNL co-coordinator. Can you help with these?

Other Local Events

Minneapolis Christkindl Market

Weekends through December 21, 2025 - North Loop Green

Step into the magic of the holidays at the second annual Minneapolis Christkindl Market — an authentic German-style Christmas market in the heart of Minneapolis! Stroll through a sparkling outdoor wonderland of twinkling lights, alpine-style wooden huts, and the cozy aroma of mulled wine.

Gather with friends and family, slow down, and enjoy the festive season with live music, dance performances, and family fun, including visits from Santa every Sunday. Explore handcrafted treasures from over 35 vendors — including 10 exciting new ones, and savor traditional European treats like German Glühwein, Spätzle, Swiss Raclette, and sweet Spanish honeys.

Our Peer Gynt Dancers will be performing on Saturday, December 20. See the Junior Lodge update page for more information!

First Lutheran Church in Columbia Heights

**Saturday, January 17, 2026 –
Lutefisk Meatball Dinner**

Seatings at Noon, 2pm, 4pm, 6pm. Tickets go on sale Saturday, November 8, for in person purchase, or call Cheryl at 612-720-9332 during week days. \$25 per person. Address is 1555 40th Ave. NE, Columbia Heights, MN 55421

The Tradition of the Yule Log

by Don Halvorson

Originally published by Synnøve-Nordkap Lodge in the December 2020 SynNor Brevet.

Printed with the permission of Synnøve-Nordkap and the family of Don Halvorson.



The burning of the Yule log originally was part of the ancient European rite of Yule, a pagan ritual celebrating the beginning of the winter solstice. Begun during the longest, darkest night of the year, this twelve-night rite marked the end of a brutal winter and the return of the Sun God. The word Yuletide was recorded in Latin writings as early as 726. Known as *guii* on the Roman calendar, the festivities lasted through the months of December and January. In the Fourth Century, Pope Julius I set the date of the Christmas feast to December 25th. Seven centuries later, in Scandinavia, the Old Norse midwinter festival, *jol*, would finally become a Christian holiday after the conversion of Scandinavia to Christianity.

For the Scandinavian people of this period, the forest was spiritual. The wood of each tree was unique and contained magical properties. The aspen was chosen for its endowed spiritual understanding. Oak was a symbol of strength and wisdom. People hoping for a year of prosperity would choose pine, while a couple hoping for a child would look to birch.

Today during Christmas, the English traditionally prefer to burn oak. In Scotland the tradition is birch. In France cherry is preferred, often with a sprinkling of wine to add to the aroma. In the English counties of Devon and Somerset a large bunch of ash twigs are used instead of a log. The belief is that when the shepherds found Joseph, Mary, and the Christ child during that Christmas Night, they built a fire there to keep them warm.

The Yule Log was burned over the customary twelve days. On the first night of Yule, the large log was brought into the house and placed into the hearth, while the remainder of the log was left lying in the room. There it continued to burn until the Yule period was over. During that time it was considered bad luck if the Yule log burned up too soon or the fire went out.

The selection of the log was also steeped in tradition. It could only be harvested from one's own family property and was cut down exclusively for the Yule celebration. It could be gifted to someone from a friend or neighbor, but no money could be exchanged. A Yule log could never be bought or poached. The lighting of the log was also a ritual. To begin, saved pieces from the previous year's log were brought out and used as kindling. Once lit, it remained lit. At the end of the Yule period, it was put out, and a portion of the log was stored for the next year. Those saved pieces were tied up in a cloth and kept under the bed of the woman of the house where they acted as an amulet, assuring its owner fertility, strength, and protection against bad luck for the year to come.

Although the Yule Log tradition continued on with the arrival of Christianity, through the centuries, hearths eventually became smaller. Burning large logs became less practical. Smaller hearths were perfect for baking, and one popular medieval solution was the introduction of the Yule Log cake. Used as a centerpiece, it easily brightened up any table. Judging by the ingredients, it appears to have arrived in the early 1600's. The base of the log was usually a sponge cake decorated with marzipan or meringue and topped with candles for the occasion.



The Yule Log

<https://www.thegypsythread.org/yule-log>

What is the Yule Log? | Christmas Traditions | Old Farmer's Almanac
<https://www.almanac.com/content/what-yule-log-christmas-traditions>

Peer Gynt Dancers update — Holiday traditions

By Jana Velo



In November, the Peer Gynt Dancers learned that “tra la la” is expressed differently in Norwegian. We practiced the words to one of our songs with a chorus of “dam dadi dei.” We also tried out a new reel dance that was taught in Fargo, *Kjerringa med staven*: the woman with the staff.

For our December meeting, the dancers will prepare for our performance at the Christmas market and roll out some favorite Norwegian *julebakst*, Christmas cookies.

We’d like to invite senior lodge members to attend our **December 20th** performance at the Minneapolis Christkindl Market. We are performing from **1 to 2 pm** on the main stage. Stroll through the European-style Christmas market with alpine-style wooden huts, twinkling lights and hand-crafted treasures from over 35 vendors. Find European seasonal treats like mulled wine, German Spätzle, Swiss Raclette, and sweet Spanish honeys. The event is on the **North Loop Green at 350 North 5th Street, Minneapolis, MN** near Target Field.



From the Christkindl Market FAQ page:

Which navigation link should I follow?

The best way to get here is to park in the C Ramp and then walk over to the site; for the walk follow the Google walking navigation or the the directions for Dario Restaurant. Once you get to Dario, walk around the corner and you will see our Venue.

Where is the best parking?

The Ramp C and also at the North Loop Green parking ramp are very close to the Venue. The A & B Ramps are located within 2 blocks.

Visit www.minneapolischristkindlmarket.com for more information!



Norwegian Language Classes

Tuesday Class: December 9 — *no class because of the Julebord.*

Wednesday Class: December 10, 1:00-2:45 p.m. at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119. We will study **Norwegian Fairy Tales** with Audrey Waage.

December 24 — *no class because of Christmas Eve.*

WELCOME to new members! You can join our classes at any time!

Sheryl Hove, sherylhove12@gmail.com
651-738-4908

DIRECTORY UPDATE

Hey, Everyone,

We really need your help. It seems many of you have given up landlines and/or use cell phone. Many have moved, and some have new email addresses.

We need to record those changes. I have had difficulty recently reaching members because we don't have those changes in our Directory. Please contact Connie Chrissis at 651-276-7226 or cjchrissis@comcast.net

Hardanger Embroidery

The Hardanger embroidery group will meet on Friday, December 12 at 10:00am at the home of our instructor, Dolores Jacobson. (161 Wedgewood Dr., Mahtomedi, MN.)

It would be a great time for new members to come and start their first project. You are most welcome to join in the fun!

We have plenty of fabric, thread, needles and patterns. *Please bring a pair of small, very sharp scissors.*

Logging Our Volunteer Hours

A reminder for everyone to keep track of Volunteer Hours for lodge-related activities for the year and fill out a form, returning it to Sheryl Hove at the next meeting.

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.

For Information:

Kathy Kaluza, President:
kaluzakathy@gmail.com

Becky Foro, Brevet Editor:
rebeccajean_w@yahoo.com

Sons of Norway HQ:
https://www.sofn.com/contact_us/

SynNor Brevet
289 Karen Dr., Unit 403
Woodbury, MN 55129-5722

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
Tuesday, December 9 6:00-8:00pm	Lodge Meeting — <i>Julebord</i>	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Wednesday, December 10, 1- 2:45 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Monday, January 5, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109
● ● ● ● ● ● NO IN-PERSON LODGE MEETINGS DURING JANUARY OR FEBRUARY ● ● ● ● ● ●		