

# SynNor Brevet

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**Synnøve-Nordkap  
Lodge #1-008**



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**NOTE NEW WEB SITE:** <http://synnove1.com>

**Voice Messages: 651-762-7872**



Perhaps you remember Tim Dahl from our September meeting last year. Tim is the singer/entertainer who entertained us so well at that meeting. He has appeared on various stages throughout the Midwest including Chanhassen, the Plymouth Music series, the Lyric theater, Dudley Riggs, the Prairie Home Companion Show, and industrial shows with IKEA, Dain Rauscher, and Primarius LTD. In addition to his musical comedy experience, he has a great fondness for Scandinavian immigrant songs and humor that have opened many opportunities throughout Minneapolis / St. Paul as well as Scandinavian groups throughout the country and abroad. He will be with us at our Julebord in December with his humor and Christmas songs.

# Scandinavian Culture and News

## Juleøl - Christmas Beer

Juleøl has been part of the Norwegian Christmas traditions since early times. In fact, when the Vikings celebrated winter solstice, Jol, their custom was to “drink the Jol.” From *Heimskringla (The Lives of the Norse Kings)* by Snorre Sturlason we learn that King Haakon, a kind and beloved man, was the first to introduce Christianity to Norway, but the people refused to give up their trusted gods, and were allowed to worship their heathen gods. However, King Haakon was a faithful Christian who fasted every Friday and kept the Sabbath holy. And he initiated a law which directed the people to keep Yule the same time as the Christians did, and every man should hold a guest feast serving one measure of ale. It seems that a measure varied from district to district. In Fjordane and Sunnmøre, for example, it was 40.5 liters and in Sogn and Hardanger a mere 16.2 liters. Ole Bø In his book, *Vår Norske Jul*, says that in Setesdal, the tradition was to brew one barrel of beer, “a half barrel was the least - because so had the king declared.”

It is simply amazing the explanations and rules the early church in Norway set for the enjoyment of the early beer drinking. “It was dedicated as a thank you, to Christ and his mother Mary, for peace and a good year.” And on through the middle ages there were rules for “commemoration” drinking - they even drank to God and the Trinity.

We can see from this, and understand why the Christmas beer, Juleøl, is an important tradition for many Norwegians. Even today, though all kinds of beer are readily available, many keep the tradition alive by brewing their own.

The following is a very old Norwegian toast:

“Drik min ven, men drik med maade;

Drik, men lad fornuften raade.”

“Drink, my friend, but drink with moderation;

Drink, but let good judgment rule.”

From: *Ekte Norsk Jul II*, by Astrid Karlsen Scott



Ale hens and bowls from our November meeting display.

## Lutefisk and Stockfish

Every nation has its culinary specialties. If separated by distance, nostalgic memories tug at your heart strings, when these specialties are before you. Norway’s lutefisk is such a specialty to many. Surely, lutefisk is the strangest culinary effort credited to the Norwegians, but what a treat! Not everyone feels the same about this fish, but the devotees defend it vehemently, while others call it a national disgrace. Nevertheless, tons of cod are sold and eaten every year, especially during the holidays, and many a song has been written in its praise.

What’s in a name? Literally translated, Lutefisk means lyefish, which refers to the early process of soaking where a lye solution made of birch ashes was used in the luting process. Today, it is felt that a new meaning has been given to the word Lutefisk, one that means family, fellowship and good times.

In the Sagas of the Norwegian Kings from the 12th century, Snorre wrote about King Oystein building fishing shanties in Lofoten. Then as now, Lofoten was the most important spawning ground for the cod, and for centuries Norwegian fishermen have hauled in huge catches of mature cod in the January to April spawning period. The age-old adventure continues, creating the foundation for human existence and sustenance along the entire Norwegian coast.

Stockfish are probably one of Norway’s oldest trading commodities, along with skins and furs. In Viking times, stockfish was both a main part of the diet and a trading commodity on long voyages.

It is precisely the time of year when climatic conditions in Northern Norway are perfect for drying fish that the cod comes in to the coast, either to spawn or feed. The cod that is used for stockfish production is caught in the course of a few hectic winter months. The fresh catch is cleaned immediately and hung to dry on drying racks.

The pure air and the cold winter climate from January to April are the ideal components in this unique processing --- without doubt the least energy consuming in the world.

To cook lutefisk the old fashioned way, do not use aluminum, as it will darken the kettle. Use 3 Tbsp. salt for each quart of water. Bring water to boil, add salt and return to boil. Add the fish which has been sliced into serving pieces and again, return to boil. Remove from heat, skim and let fish steep 5-10 minutes. Serve at once.

Sources: Olsen Fish Co. & *Ekte Norsk Jul II*

Synnøve-Nordkap Lodge normally meets on the 2nd Tuesday of the month at 7:00 PM At First Lutheran Church  
463 Maria Avenue (at 8th Street East, 2 Blocks North of Metro State University)

Saint Paul, Minnesota 55106

Voice messages: 651-762-7872

(See back cover for officers)

Web Page: <<http://synnove1.com>>

Sons of Norway International: <<http://www.sofn.com>>

# Lodge News

Dear Members,

The Holiday Season is here – a time for Thanksgiving, more time spent with families, and hope for the upcoming New Year.

Thanksgiving is that time of the year to really sit back and reflect on all that we have to be thankful for and how great it is to be an American. Yes, economic times are not ideal right now but they will be again. We just have to be thankful we are a free nation and that we have lots of choices. Of course, there is the Thanksgiving meal where we all tend to over indulge ourselves – did anyone gain five pounds on Thanksgiving day?

When you receive this newsletter, Thanksgiving will be over and Christmas is just around the corner. I hope everyone comes to the Julebord and Juletrefest on December 9<sup>th</sup> – be sure to contact Sharon Amann regarding what you will bring. It will be a festive time.

We shall also be electing our lodge officers that evening; that's another reason to come to the meeting. You get your chance to vote without any partisan politics involved – how nice!!!!

Finally, this is my last article as President. I decided a year ago to hold this office for one year – sort of call myself a lame duck President, as we make the transition from Mary Beth Mutchler who did an outstanding job to Sharon Amann who will also do a great job. I know that our lodge didn't experience much growth during the past year. But we had successful programs, good attendance, two great fund raisers with Festival of Nations and the Torsk and Meatball dinner, I feel good about that. All of you should feel proud of being a member of Synnove-Nordkap Lodge. I know that Sharon and her board will implement goals that will make our lodge even better. Please support Sharon and give her any ideas that you have for programs, growth, etc.

I had fun this past year. It was an honor to serve as your President. See you at upcoming meetings.

God Jul!

Len

Our thought and prayers to the family of long-time member Ruth Tyler, whose funeral was December 3.

Bruce Engebretson's presentation in November got rave reviews from our members. These pictures from that event are courtesy of Joanne Englund.



# Lodge News

## Board Meeting Minutes, November 4, 2008

Attendees: Len Carlson, Sharon Amann, Rod Hale, Sue Halvorson, Trudi Johnson-Richards, Clay Keller, Clayton Lance, Mary Beth and David Mutchler and Steve Roste

We are still in need of people to fill the vice president, auditor and publicity positions. The Torsk and Meatball Dinner was recapped and suggestions were made for improvements for next year.

Plans were firmed up for the December Julebord meeting. There is still a time slot open for Salvation Army bell ringing at Byerly's.

Programs for lodge meetings for the first part of 2009 were discussed.

The Festival of Nations is holding a planning meeting for the 2009 festival on December 7. Lodge participation at Scandia in December is being looked into.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 p.m. on Tuesday, December 2 at the Roseville Library, Hamline and County Road B.

## Lodge Meeting Minutes, November 11, 2008

The November lodge meeting was attended by 55 people including four guests; Judy Engebretson, Paul and Vi Engebretson and Dennis Rusinko, Zone 2 Director. President Len Carlson opened the meeting by recognizing the Veterans present at the meeting.

Clayton Lance gave the treasurer's report.

The election of officers will occur at the December meeting. The following people have agreed to run for vacant positions: Ron Stow, vice president; Bob Smith, auditor; and LaRee Opdahl, trustee.

There was still one opening for Salvation Army bell ringing at Byerly's on Suburban Ave in St. Paul on December.

Dennis Rusinko, Zone 2 Director, outlined his plans and goals. He plans to put out a monthly informational newsletter. His main goal is to focus on membership retention and drives for new members.

Greg Hovland explained the Viking 23 life insurance for children and suggested using it as a Christmas gift.

Rod Hale presented Sharon Kalmes with Cycle America bronze and silver medals.

Rod introduced a lodge biography project. He has become interested in family history as an extension of working on his family genealogy. He hopes to get 150 family stories from lodge members. The family member does not have to be Norwegian. It should consist of one written page and can include a picture(s) of the relative or other visual aid. He passed out an instruction sheet. While he prefers to have typed copies, hand written pages are also welcomed and will then be typed. If enough stories are told they will be put into a book format.

Sharon Amann had a food sign-up sheet for the December Julebord. If you did not have a chance to sign-up, please contact Sharon. Help is also needed for decorating, set up and clean up.

Len made note of the Nordic American Thanksgiving Breakfast on November 25 from 7 – 9:15 am. He also brought copies of Viking for Kids to encourage members to enroll their children or grandchildren as heritage members.

Volunteer hour recording sheets were available at the meeting and will be included as part of the December newsletter. These sheets are important because the information helps us maintain our non-profit status and apply for Lodge of the Year.

Dave Mutchler spoke about the missing November newsletters. They were mailed on October 28 and only 3 people at the November meeting had received them. His phone calls to the post office were not returned.

Bob Barduson announced an upcoming Arts and Crafts Show at Gustavus Adolphus Lutheran Church on November 29 from 9– 4. There will also be a bake sale.

Susan Stow reported on the last Junior Lodge meeting. Meredith Berg did a presentation and story telling about trolls and Clay and Claire Keller presented a slide show about Skogfjorden. Five new members were present.

Susan led the members in singing a Norwegian folk song, Hvor Sære lit evil der til (If Happy You Will Be). Plans are to sing a new song every month.

Members celebrating November birthdays are Jan Hovland and Clayton Lance. No one present had a November anniversary. John Nordale won the door prize.

Mary Beth Mutchler introduced her brother, Bruce Engebretson, who gave an informative and entertaining talk about the culture and history behind the design and function of Norwegian carved wooden objects using his own handiwork as examples.

We thank our servers for the delicious refreshments: Sharon Kalmes, Susan and Ron Stow, and Linda and Leif Erickson.

Submitted by Sue Halvorson, Secretary

**COME ON FOLKS, IT'S TIME TO STEP UP THE PLATE!**

Editors' Note: We (Karen and I) have been doing this newsletter for 7 years. Karen has been doing this page almost exclusively for most of that time, but is no longer able to do so. We need an editor for this page if it is to continue!

## Calendar of Coming Events

<b>Tuesday</b> December 2	<b>Synnøve-Nordkap Board Meeting</b> Roseville Library conference room County Rd. B at Hamline Avenue	7:00 PM to 9:00 PM
<b>Saturday</b> December 6	<b>Salvation Army Bell Ringing at Byerly's</b> 1959 Suburban Ave. off I-94 <b>STILL NEEDED: Volunteer from 5-6 PM</b>	9:00 AM To 6:00 PM
<b>Tuesday</b> December 9	<b>Synnøve-Nordkap Lodge &amp; Social Event</b> Annual Lodge Julebord and Juletreffest Bring Scandinavian dish to share Program: "Music and Humor with Tim Dahl"	6:30 PM Begin with Hors d'oeuvres at 6:00
<b>Saturday</b> December 13	<b>Junior Lodge Peer Gynt Dancers</b> Group practice on 2nd Saturday of each month Our Savior's Lutheran Church 1616 W. Olive in Stillwater - New members welcome	1:00 PM to 2:30 PM
<b>Sunday</b> December 14	<b>Skandia</b> Scandinavian Holiday Celebration Landmark Center - 651-292-3276 \$5 Adults - \$3 kids and seniors	12:00 noon to 4:00 PM
December 25	<b>GOD JUL!</b>	
<b>Tuesday</b> January 6	<b>Synnøve-Nordkap Board Meeting</b> Roseville Library conference room County Rd. B at Hamline Avenue	7:00 PM to 9:00 PM
<b>Tuesday</b> January 13	<b>Synnøve-Nordkap Lodge &amp; Social Event</b> Program TBD	7:00 PM
<b>Tuesday</b> February 10	<b>Synnøve-Nordkap Lodge &amp; Social Event</b> Sven Sundgaard (TV 11 weatherman)	7:00 PM

**Synnøve-Nordkap Norwegian Language Classes:**

1. "Norwegian in Five Minutes a Month" series - class 6:30-7:00 on Tuesday before lodge meetings in Nov, (no Dec.class)
2. "Norsk, Nordmenn og Norge" class on Thursday, 6:30-8:00 PM Sun Ray Library, 2105 Wilson Ave., near McKnight & Ruth Meet twice a month - Nov. 13, Dec. 18.  
\*\*Watch for 2009 dates in January issue  
For information, contact class co-facilitators:  
Sheryl Hove 651-738-4908 or Crystal Bloecher 651-774-8545



**Annual Christmas Cookie Bake Sale Fundraiser**  
Sat. December 6 - 11:00 AM to 2:00 PM  
Sponsored by the Alle Kvinner Mission Group  
- held at: Mindekirken  
Norwegian Lutheran Memorial Church  
924 E. 21st St., Minneapolis  
(612) 874-0716

A luncheon consisting of Rømmegrøt (warm cream porridge served with cinnamon and sugar) and Julekake (a cardamom bread containing raisins and candied citron) will be served for \$6. Coffee is included.

The bake sale includes traditional Norwegian cookies such as krumkaker, sandbakkels, Berlinerkranser, Serinakaker, Rosettes, Spritz and kransekaker. Lefse and many other baked items will also be available.

A few handmade gift items and white elephant items will be offered as well.

**Christmas Concert & Julebord**  
**Sunday, December 14**

Christ the King Lutheran Church  
1900 7th St. NW; New Brighton, MN  
"Christmas around the World"  
Concert: 4:00 PM  
Lutefisk & Meatball Dinner follows  
the concert - Cost: \$10  
Call for info: 651-633-4674

**Ingebretsen's Events:**

1601 E. Lake St., Mpls 612-729-9333  
**Saturday, December 6 - Saami Day**  
11:00 AM - 3:00 PM - Learn about Saami culture, history and art from local Saami community.  
**Saturday, December 13 - Santa Lucia Day -**  
11:00 AM - 2:00 PM - Swedish Celebration of Light with holiday music and pepparkakor.

## Julebord Volunteers Needed ASAP!

If you want the Julebord to be successful, we need help! The response to the sign-up at the November meeting was NOT good! Please contact Sharon Amann at 651-631-0399 or slamann@comcast.net ASAP to volunteer. We still need an event chairman and people for table setup and for some food preparation. Also, if you do not bring a Scandinavian dish to share, we need to charge \$10/person to cover our costs for this event.

- Liver pate / crackers: \_\_\_\_\_  
\_\_\_\_\_

### Meat (3 pounds each)

- Potato sausage: David, Mary Beth, and  
Lisa Mutchler
- Sliced ham: Sue Halvorson
- Meatballs: Char Lance  
Susan Stow  
Kathy Carlson

### Fish

- Herring & crackers (1 qt): Jan Hovland  
\_\_\_\_\_
- Salmon (3 lb. fillet): \_\_\_\_\_  
\_\_\_\_\_
- Shrimp (2-3 lb): Ruth Gibson  
\_\_\_\_\_

### Cheese Platter (2 lb. Sliced)

- Gjetost: Ron Kvaas
- Jarlsberg: \_\_\_\_\_
- Julekake & Gjetost: Harry Thomsen

### Breads (2 loaves sliced, then sliced in half)

- Rye: Rosanna Wunrow
- Whole wheat: Taffy Storck
- Flatbrød (8-10 rounds, broken up):  
Anne Beardshear
- Julekage: John & Joanne Nordale

### Vegetables

- Rødkål (red cabbage): Karen Vinnes  
\_\_\_\_\_
- Surkål (sweet/sour cabbage): \_\_\_\_\_
- Beet Pickles (1 qt.): Sharon Amann
- Rutabagas/Carrots: Meredith Berg
- Sweet/sour Cucumbers (1 qt.): Audrey Huseth
- Red Potatoes w/dill (5 lb.): Trudi Johnson-Richards  
\_\_\_\_\_

### Desserts

- Risengrøt (Rice pudding): \_\_\_\_\_
- Rømmegrøt: Pat Carlson
- Dessert waffles and jam: \_\_\_\_\_
- Søtsuppe: (Fruit soup): Shirley Brekke

### Cookies (4 dozen)

- Krumkake: Cathie Reasoner  
\_\_\_\_\_
- Sandbakkels: Edna Reasoner  
Myrna Moffat
- Rosettes: \_\_\_\_\_
- Spritz: \_\_\_\_\_

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

Sheryl Hove  
\_\_\_\_\_

### Other Sandinavian specialties (Specify)

- Lefse Ham Rollups - Jane Urness
- \_\_\_\_\_

# Susan's Page

- by Susan Stow

## Junior Lodge Update

Our November Junior Lodge meeting was tons of fun! It started with the topic of trolls. Senior lodge member, Meredith Berg, came in her beautiful Bunad with a storybook and five different carved trolls to show the children. They loved answering the questions she asked about trolls and seeing the imaginative illustrations in the book. It was a very engaging way to start the meeting. Thanks, Meredith!

Five prospective new members were with us joining right in on learning the folk dance Familia Sekstur. Each new and old member told a couple activities they like to do during the summer as a get acquainted introduction.

Clay Keller, our senior lodge scholarship chairman, and his daughter, Claire were our next guest speakers. Claire has been to Skogfjorden Language Camp for ten years as a camper. She was brimming over with fun experiences to share with the kids about what type of activities there are at camp. Claire had many photos from Skogfjorden so everyone could get a visual idea of camp life. Thanks, Clay and Claire!

We appreciate Chris Torvi's help in bringing a projector and screen to facilitate the Skogfjorden presentation and the wonderful treats from Stefan, Anya and Erik Nelson.

December 13<sup>th</sup> will be our annual baking day from 1 – 2:30. We will make Kringla, Krum Kake, Sandbakkelse and Flatbrød, probably tasting a bit and sending samples home.

## Norwegian Rx for staying healthy over the Winter Months

When November clouds roll in and we see a few flakes in the air, we think of getting out our boots, winterizing the car, and getting a flu shot. The Norwegian viewpoint is to start taking *Tran* or cod liver oil in months with an r, in other words, September through April.

*The Norway Post* tells us, "In the 1850's Peter Moeller discovered that oil from cod liver was beneficial for rheumatism and prevented rickets." Norwegians have swallowed spoonfuls twice daily ever since. Fortunately, now there is Tran in lemon, orange, cherry and mint besides the traditional unflavored variety, which makes it more palatable.

Cod liver oil, or Tran is produced by steaming cod livers and then pressing them to obtain the oil. Cod caught in the winter, or early spring, are used to produce the Tran because the oil content is highest in the fish at those times of year.

Benefits of taking cod liver oil seem to be many. There are high levels of Vitamins A & D in the oil. We obtain Vitamin D from the sun light, however in the darker winter months in Minnesota and Norway, we can use the benefit of extra Vitamin D. In various internet articles, one reads of positive effects on the brain, heart, strong bones, skin, hair, and healthy eyes. Cod liver oil is attributed to fight heart disease, cancer, depression, ulcers, diabetes, plus raising energy levels.

Eric Dregni devotes a whole chapter, *Tran!* to the subject in his book *In Cod we Trust*.

He said he wanted to survive the winter on his sabbatical year studying in Trondheim. When the health station nurse and his Norwegian teacher recommended taking Tran, he tried Lofoten Tran and thought that one spoonful "was like swallowing an entire rotten fish."

An article in the Norwegian newspaper *Aftenposten* tells of a new trend for cod liver oil. It seems that Japanese tourists are buying large amounts of tran to take home as gifts for friends. They think the cod liver oil increases sexual energy. Producers of Norwegian cod liver oil are exploring export of Tran to Japan.

Having never tried the actual Norwegian Tran, I can't give an opinion one way or another, however, we do take fish oil pills all year, along with a multivitamin. Just think about all the cross-country skiers, ski jumpers, and robust Norwegians you have ever seen. There probably is merit in taking the cod liver Tran, the Norwegian Rx for winter.

# Lodge News + The Local Scene

## Synnove-Nordkap Lodge Biography Project

Tell me about one of your ancestors, including his/her name, dates he/she lived and where they lived. In one page, write about something important about them, something that you remember about them, what they did, their life, what they overcame, anything to give us some insight into their lives. Your ancestor doesn't have to be rich or famous, no need to be a hero as an ordinary ancestor is just fine! Include a picture or a copy of a visual aid (e.g., a business card, report card, immigration paper, a letter) to make your story more visually appealing. Your story may be handwritten if you wish.



Send your biography by March 1, 2009 to:

Roderick Hale  
1436 Colleen Avenue  
Arden Hills, MN 55112

or e-mail to [hale780243@aol.com](mailto:hale780243@aol.com)

Submissions are already coming in, including one ancestor with a 17 foot beard!

What will we do with these? Possibilities include an “open mike” night at a lodge meeting, a video of some of the stories and possibly a book.

## Hostfest '08

Held in Minot, ND, the 31<sup>st</sup> annual Hostfest was a lot of fun to participate in. I'm part of the Viking Age Club, which has an area set up to demonstrate what Viking life was like. Card weaving, chainmail making, Runic alphabet writing, and a place to dress in Norsk costume for your picture to be taken are part of our activities. Primarily folks come to see the live action steel combat and lecture done three times daily. A sand pit is sectioned off for that purpose. We also had a type of ancient chess the Vikings played.

The first day someone from Viking Magazine came by and took notes and photos. She talked to two longtime members—Denny Rusinko and Barb Heinz. Others in the group were lecturing at local schools at that time.

We were in an area that made it possible to hear the music of the Oak Ridge Boys when they were on stage—a nice treat. There were plenty of rooms full of Scandinavian merchandise. I bought a few more rosemal pins again this year. The “bookstore” room was loaded with interesting books and authors signing their works. Yes, I bought from a few of them too!

This year Sons of Norway did a first for the organization: they allowed existing members to renew early and get the free gift like new members who join at the Fest. I got a hardcover cookbook for free!

The best part of Hostfest is definitely the people. This was my second year in attendance. Both times I've been thoroughly welcomed by the locals and made many new friends. I can't wait to go next year, and I hope others get the chance to come too!

-Taffy Storck

# This and That

## The Corner Library

by Trudi Johnson-Richards

Rosemaling has had a unique relation to America for almost a hundred and fifty years. It was the last of the folk arts to develop in Norway and was therefore still at its height when mass immigration from that country began in the second quarter of the nineteenth century. It was also most highly developed in the inland valleys of Norway from where the great majority of early immigrants came. Most of the painters were also cotters, or small landholders, the group that suffered most from population growth and the one from which emigration was the greatest.

The favorite object for rosemaling decoration in Norway was the dowry or storage trunk. This piece of furniture became the standard luggage of the immigrant. As a consequence, examples of rosemaling came to America in even greater numbers than the painters who produced the art. Rosemaling has been the folk art that has enjoyed the greatest revival among Norwegian-Americans since the 1930's. Rosemaling is now found in adult education programs and arts-and-crafts schools in many areas where the Norwegian immigrant population is nominal. It appears that rosemaling may be among the first of these skills to be absorbed into the New World culture, and one cannot help but speculate on why it should enjoy this distinction.

Rosmaling is a sophisticated style of decorative painting. It is a free and flexible art that allows for considerable individual expression. It is a dynamic art in which "C" and "S" curves are combined to form either symmetrical or asymmetrical designs. Unlike most folk painting, rosemaling also allows for the blending of colors to add richness and subtlety to its decorative and expressive character.

Color is a most important element in any folk art and particularly in rosemaling which is noted for its exceptional well-blended hues. Red, yellow and blue are the most commonly used colors. Value is the lightness or darkness of a color. Intensity is the quality that indicates the strength of a color. Warmth or coolness is another basic property of every color. **Norwegian Rosemaling, Decorative** by Margaret M. Miller and Sigmund Aarseth has a table of intriguing color qualities: Prussian Blue, Cadmium Yellow, Venetian Red, Green Umber, Ivory Black, Titanium White and many more. Rosemaling is not only creatively satisfying and beautifully decorative, it is relatively inexpensive. Few nations can claim such a vital continuity of tradition as Norway: a heritage that has now claimed a place in modern society.

JoAnn Ronning donated **Norwegian Rosemaling** to the Synnove-Nordkap Lodge Library on November 11, 2008.

**Additional Book Donations:** Leslie and Meredith Berg donated **Tronderlag of America Centennial 1908-2008** on October 25, 2008. Steve Roste donated **Sons of Norway Song Book** on November 4, 2008. The Sons of Norway originally published this book in 1926 entitled **SONNER AF NORGE SANGBOG**, a second printing in 1948 **SONS OF NORWAY SONG BOOK** and the third printing in 1967. JoAnn Ronning donated **Norway Today, An Introduction to Modern Norwegian Society**, on November 11, 2008.

Dear Sons of Norway Members,

Sons of Norway has been offered a wonderful opportunity to help continue our mission of promoting and preserving Norwegian heritage and culture. But in order to make this a reality we need your help.

The Minneapolis Police Department is in preliminary discussions with two Student Constables from the Norwegian National Police Service to come to Minneapolis for four to six weeks early in 2009 to attend the Minneapolis Police Recruit Academy. This new program has great potential for cultural exchange between the U.S. and Norway and yet another way to strengthen ties between our two countries.

The two Constables will be covering most of the costs out of their own pockets, with limited help from a Norwegian fraternal police organization. We have also been asked if we can help make this new program as successful as possible.

To that end, I am writing to see if any of our metro-area members would be willing and able to host one or both of these Constables for the duration of their stay? Not only would you be doing a good thing for someone in need of help, but it could also be a great opportunity for you and those in your household to learn more about the culture of modern Norway. This is a great opportunity for some cultural exchange that we often don't see at the local level, so I hope we can help make this happen.

If you think you would be interested, or know someone who might be, please contact me at 800-945-8851 or e-mail me at [cheiberg@sofn.com](mailto:cheiberg@sofn.com). Also, while the two Constables are in Minnesota they will need some form of transport. So, if you know anyone with a reliable automobile that they'd be willing to share for the duration of the trip, please let me know.

Fraternally

Eivind J. Heiberg, Fraternal Director, Sons of Norway

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(All area codes are 651 unless otherwise specified).



**Upcoming Activities**

**Julebord and Juletefest - Tues. Dec. 9  
Bell Ringing at Byerly's - Sat. Dec. 6  
Skandia - Sun. Dec. 14**

**More Info Inside**

The Mission of Sons of Norway is to promote and to preserve the heritage of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members. Synnøve-Nordkap Lodge welcomes visitors and new members.

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