

SynNor Brevet

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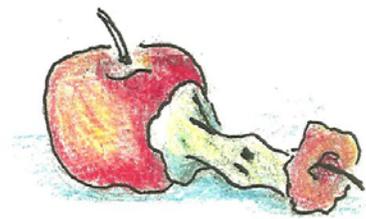
**Synnøve-Nordkap
Lodge #1-008**



**January 2010
Number 10:1**

WEB SITE: <http://synnove1.com>

Voice Messages: 651-762-7872



Join us at our meeting on Tuesday, January 12 for “An Apple a Day, and Other Old Home Remedies,” by Howard Amundson, an experienced speaker and president of the Lakeville lodge. See page 5 for more details.

We’ll start with chicken wild rice soup and salad for \$3. at 6:30, followed by the meeting and program at 7:00 PM.

Scandinavian Culture and News

A Norwegian Experience



The immigrant trunk in our family challenges my imagination with the brief inscription: Anne Marie Chr. Sjøli, Castle Rock, Dakota Co., Minnesota, U.S. Some conclusions can be drawn from just those few words and some family lore. Anne Marie Christiansdatter Sjøli traveled from the Sjøli grend of farms in [snes, Hedmark to Castle Rock in Minnesota, a very small village located south of Lakeville.

A “grend” of farms in Norway is a group of five to eight farms grouped around the major property. Many of the farms include the same name or a variation thereof, such as Store Sjøli, Sjøli Lille, which is actually larger than the Store or big Sjøli farm, Sjølirønningen, Sjølirydningen, Sjølisand, Sjøliseter, and so on. All of these farms are along the same road through the countryside before you drive into the town of Flisa. The

farms seemed small in comparison to those in Minnesota, well tended and planted for the season, as Ron and I drove along the country road this May without a specific destination in mind.

We stopped at the most beautiful farm by the Sjøli road sign to see if the farming family might know something about my Sjøli family members. We knocked on the front door to see if anyone was at home. In Norwegian, I explained about Anne Marie Sjøli having emigrated from this area to Minnesota and asked if they knew of her or her parents. The Bergs, Kari and Arne Petter, invited us in to discuss the questions I had posed on their doorstep. Before we even knew it, Kari was serving coffee and three kinds of cookies. Arne Petter brought out his farm and family history to check against my records. We came to the conclusion that Anne Marie had never lived at Sjøli Lille, which is really a shame. Out of all of the farms in the grend, this was the most beautiful and prosperous looking farm. The Bergs gave us the name of a local genealogical expert in Flisa who might help, and asked us to let them know what we learned. We were given a tour of the farm house, unlike that of any other I had ever seen. The great room could have hosted fylke dances it was so huge. What impressed me was that there was real silk on the walls instead of wallpaper, and there was room enough for three sets of living room furniture arranged in groups throughout this huge space, each next to a white marble fireplace. It was gorgeous!

Ron took my photo next to the road sign to commemorate our trip to the Sjøli grend. Just for good luck, I picked up a small rock near the sign to bring home with me. As we continued on our travels, we discussed how friendly and helpful the Bergs had been in inviting us in to their home. I'm sure that doesn't happen very often for them, nor do we make a habit of knocking on people's doors to inquire about family. It reminded Ron of experiences that he had growing up in the Red River Valley in Minnesota.

Through the inspiration of the Synnøve-Nordkap genealogical group, I really have gotten interested in following up on family research. Some facts have been elusive, to say the least. If you break down the search to the basic who, what, when, where, why and how questions, I can say I have only located the who, Anne Marie Christiansdatter Sjøli, and the when, emigration in 1887.



From the inscription on the trunk, we know her destination was Castle Rock, MN, but why is a big question. Someone who lived in Castle Rock must have hired Anne Marie to work for them, or someone from the [snes area moved there and invited her to come. We know of no relatives who could have sponsored her there.

What remains with me from that day are images of the Hedmark countryside, the Sjøli “grend” of farms, the beautiful Sjøli Lille farm, a friendly couple and a feeling that I completed a family circle from Minnesota to Flisa, Hedmark in reverse of Anne Marie's journey so long ago.

- Susan Stow

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

Fra presidenten

Dear Members,

Here we are at the beginning of Year 2010. Time certainly flies when you're having fun! As I look back on 2009, memories of special events and programs rush back—Festival of Nations, Norsk Wood Works, Nordic Walking, the program with our Junior Lodge, Lodge Biographies, and let's not forget the Torsk and Meatball Dinner.

I am looking forward to having more wonderful times of fun and fellowship this upcoming year of 2010—even the different sound, “Twenty-Ten,” brings a feeling of expectation to mind.

All of our programs and events are the result of many people working together to accomplish a common goal. Nothing is done without planning and people. We need every member to participate in order to have a successful, interesting, and fun lodge.

Blessings for a wonderful 2010,

Sharon

Our annual Julebord was attended by 88 members in spite of the inclement weather. The hors d'oeuvres and glog were followed by lots of good food, the awarding of membership pins, a couple of Christmas carols by Susan Stow and Axel Torvi (the St. Paul Swedish Male Chorus's only member who made it), and many desserts.

Millie Hartleben became our newest Golden Member, and Mildred Stanke was honored for being a lodge member for 73 years.



Lodge News

Board Meeting Minutes, December 1, 2009

Attendees: Sharon Amann, Patty Carlson, Ruth Gibson, Rod Hale, Sue Halvorson, Sharon Kalmes, Clay Keller, Clayton Lance, Mary Beth and David Mutchler, Kathy Stevens, and Ron and Susan Stow.

Old Business:

Plans for the Julebord were discussed and finalized.

New Business:

Clayton Lance reviewed the financial status of the lodge. Sharon stated that there will be an Initiation Luncheon with the Joint Lodges for newly elected lodge officers on January 16, 2010. The January program and having a soup/salad supper were discussed. Possible speakers for 2010 lodge meetings were discussed.

Dave Mutchler showed copies of a prototype for a new lodge brochure and passed them around for board members to look at. The board members made some recommendations for revisions.

Submitted by: Sue Halvorson, Secretary

The next board of directors meeting will be held at 7:00 PM on Tuesday, January 5 at the Maplewood Library, 3025 Southlawn Dr. (W. side of Maplewood Mall) in the large conference room.

Lodge Meeting Minutes, December 8

88 lodge members and guests attended the Julebord in spite of yet another Tuesday snowstorm.

Sharon Amann opened the meeting by announcing that the entertainment for the meeting, the Swedish Men's Choir, had cancelled because of the weather. The election for the 2010 lodge officers and directors was held. A motion was made and seconded to accept the slate of officers and directors as printed in the Brevet. The motion passed unanimously. Sharon announced the speaker and the soup and salad supper for the January lodge meeting.

Volunteer hours sheets were distributed in the December Brevet and were also available at the meeting. They are also available on the website. Please fill them out and turn them in at the January lodge meeting. Gift acknowledgement forms for items donated to the silent auction at the Torsk and Meatball were distributed.

Ron Stow presented membership pins. Special recognition was given to Millie Hartleben for becoming a golden member and to Mildred Stanke for being a lodge member for 73 years.

Members picked up gifts to distribute to lodge member who are unable to make it to lodge meetings.

A big thanks to Sharon Kalmes for the great job making the Julebord go so smoothly.

Submitted by Sue Halvorson, Secretary

The deadline to submit items to the Brevet for the coming month is normally the 20th of the previous month. Please keep this time frame in mind, and keep those news items coming!

Thanks,

-Dave

dmutchler@q.com or 651-484-8872

Calendar of Coming Events

Sunday December 27	Joint Lodges Christmas Event "Away in a Basement: A Church Basement Ladies Christmas" at Plymouth Playhouse	2:00 PM
Tuesday January 5	Synnøve-Nordkap Board Meeting Maplewood Library conference room, 3025 Southlawn Dr. (W. Side Maplewood Mall)	7:00 PM to 9:00 PM
Tuesday January 12	Synnøve-Nordkap Lodge & Social Event "An Apple a Day, and Other Home Remedies" By Howard Amundson of Norsota Lodge 6:30 soup and salad supper before program.	6:30 PM
Saturday January 16	Celebrate Sons of Norway's 115th Anniversary Joint Lodges event in Richfield. See below for more information.	12 noon
Tuesday February 2	Synnøve-Nordkap Board Meeting Maplewood Library conference room, 3025 Southlawn Dr. (W. Side Maplewood Mall)	7:00 PM to 9:00 PM
Tuesday February 9	Synnøve-Nordkap Lodge & Social Event "Swede Hollow" by Karen DePaul	7:00 PM

An Apple a Day, and Other Home Remedies

Howard Amundson was born in a very poor area of northern Minnesota at a time immediately following the depression. There was very little money and going to see a doctor used money that should be spent for other necessities.

When Howard began to tell friends of the remedies which he has experienced, he discovered that they were very interested. It was at this point he decided to assemble a group of the old remedies and show how very simple, household items were used to cure some very serious problems.

The talk usually begins with a description of the treatment Howard, at age three, received for a very serious burn. He will cover many of the other medical problems which occurred every day living on a farm. Some of the topics covered include nail punctures, poison ivy, ear aches, tooth aches, nose bleeds, hard to stop bleeding, controlling pain, and many more.

Some of the items which are discussed will be on display before the talk. He encourages the audience to look them over and ask questions about anything they find unusual. They are asked to tell of any old time remedies they remember or experienced themselves.

Says Howard, "Many of the remedies discussed have been used either on me or by me, and the ones which have been given to me by others I assume are authentic. However, I do not recommend the use of any of them. This program is given strictly for entertainment."

Norwegian Language Classes

- (1) "Norwegian In Five Minutes A Month" series. Class 6:30-7:00 PM Tuesdays before lodge meeting in November. No class in January. February 9: Lessons 7 & 8.
- (2) "Norsk Nordmenn og Norge" Class 6:30-8:00 PM Thursdays, 1/month. Sun Ray Library, 2105 Wilson Ave., between McKnight Rd. & Ruth St. January 21: Chapter 18. Future dates: February 18, March 18, April 22, May 20.

For information, contact class co-facilitators: Sheryl Hove 651-738-4908 or Crystal Bloecher 651-774-8545. New participants are invited to join the classes.

Ingebretsen's Events:

1601 E. Lake St., Minneapolis
612-279-9333

Norse Myths Come Alive!

The Sun & Moon: Jan 6 10- noon

Norse Horse: Feb. 3 10 AM-noon

Spooncarving weekend: Feb. 5 & 6
Fred Livesay teaches you how to carve a spoon and explains the history and lore that surrounds it. \$85

More on website: ingebretsens.com

Mindekirken

The Norwegian American Church
924 E. 21st St., Mpls

Filmafter: Tante Pose

Wed., Dec. 30 at 7:30 p.m. Free (w. English sub-titles)

Tante Pose, a Norwegian Christmas film from a novel by Gabriel Scott by the same name, earns highest accolades in a solid Norwegian tradition, and has retained its hold on the Norwegian people since its premier in 1940.

American Swedish Institute: 80 Years Young Nov. 4, 2009 – Jan. 10, 2010

The year 2009 marks the 80th anniversary of the American Swedish Institute, founded in 1929 by Swedish immigrant Swan J. Turnblad. This holiday season, ASI celebrates this important anniversary with a special exhibit on ASI's history that is focused on what is at the very core of the organization—our community.

LETT OG ELEGANT,
TRYGT SKI ADVENTURE
(Easy & Elegant, Safe Ski Adventure)

Presented by Norsota Lodge, Jan 30, Hyland Hills, Bloomington. Info: Roger Wangen, 952-898-3905

City of Lakes Loppet

Feb. 6 & 7, 2010, including a "Luminary Loppet" Feb. 6, 6:00.

Info: cityoflakesloppet.com

REMINDER: Volunteer Hours Signup Sheets for 2009 are due at the January Meeting!
They were included in the December Brevet, and are available on our website at <http://synnove1.com> .
Copies will also be available at our January meeting.

True Story - submitted by Pastor Rob Reid

The brand new pastor and his wife, newly assigned to their first ministry, to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve.

They worked hard, repairing pews, plastering walls, painting, etc, and on December 18 were ahead of schedule and just about finished. On December 19 a terrible tempest - a driving rainstorm hit the area and lasted for two days. On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high.

The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home. On the way he noticed that a local business was having a flea market type sale for charity so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church.

By this time it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later. She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area.

Then he noticed the woman walking down the center aisle. Her face was like a sheet. 'Pastor,' she asked, 'where did you get that tablecloth?' The pastor explained. The woman asked him to check the lower right corner to see if the initials, EB G were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten the tablecloth. The woman explained that before the war she and her husband were well-to-do people in Austria. When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. He was captured, sent to prison and never saw her husband or her home again.

The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home, that was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return. One older man, whom the pastor recognized from the neighborhood continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving. The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike?

He told the pastor how the Nazis came, how he forced his wife to flee for her safety and he was supposed to follow her, but he was arrested and put in a prison. He never saw his wife or his home again all the 35 years in between. The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier. He helped the man climb the three flights of stairs to the woman's apartment, knocked on the door and he saw the greatest Christmas reunion he could ever imagine.

Lodge News

Synnøve-Nordkap Membership On the March

Our lodge membership blitz was pretty successful. We will know more exact numbers with the full report in January. Some new members join our lodge electronically and we don't have the full information until Trudi Johnson-Richards is informed in the following month. Please welcome our newest lodge members:

Aaron Wade Davis, 1829 Chatsworth Street North, Roseville, MN 55113. 651-488-8511.

Jared Stow, 143 Pine Hollow Green, Stillwater, MN 55082. 651-491-7879

Jonathan Stow, 903 Vine, Hudson, WI 54016. 715-381-9873

Dona Lynn Synstegard, 4204 Yew Point, Eagan, MN 55122. 651-210-1606.

Remember, new members can join anytime. Invite friends, neighbors, cousins, colleagues or anyone who has an interest in Norwegian culture, heritage, language, genealogy, or just plain fun!

Let's celebrate the Sons of Norway's 115th Anniversary—January 16, 2010



Join us for lunch in the Main Dining Room at the Fred Babcock VFW on 67th & Lyndale South, Richfield, MN

Time: 12:00 noon
Cost: \$13.00

Select your entrée from the list, note it on your check payable to the Joint Committee, and mail it to Sharon Amann, 1575 2nd St SW, St Paul, MN 55112-3472.

Checks must be received by January 6th.
Questions: 651-631-0399

Twin Cities Hardingfelag

We are delighted to have the Twin Cities Hardingfelag, as featured in the Viking magazine, entertain us.

Entrees Available:

Chef Salad with French or Ranch Dressing
French Dip with Cole Slaw
Pork Tenderloin with Cottage Cheese
Cheeseburger with French Fries
Grilled Chicken Breast with Cottage Cheese & Fresh Fruit
Reuben Sandwich with French Fries

Sponsored by the Joint Committee of Metropolitan Lodges

DONATIONS TO SYNNOVE-NORDKAP LIBRARY 2009

Trudi Johnson-Richards, Librarian

Erna McGuire donated **A Viking Saga – Son of Thor**, a DVD and CD Musical Soundtrack. The original music is by Mark Allen. The CD has 12 songs.

Erna McGuire donated **In a Monastery Garden**, a 2002 CD by Norwegian Rodney Tory Borgen (formerly Tormad Borgen Rogne) who whistles his favorites.

Cathie Reasoner donated **Defiant Courage** by Astrid Karlsen Scott and Dr. Tore Haug published in 2001. This is a true story about Jan Baalsrud and his escape during the German occupation in Norway World War II.

Karen Vinnes donated a notebook of *SynNor Brevet* newsletters, 2003-2008.

Our Lodge Activities

Junior Lodge Update

By Susan Stow

Imagine this. . . three batches of Sandbakkels, four batches of Krum Kake, four batches of Kringla, and three batches of lefse, with twenty-seven helpers and several adult supervisors! The flour was mostly on the countertop. We started right away at 1 pm on Saturday, Dec. 12th and baked until two. We truly appreciate the parents and grandparents who helped us out: Rebecca Urban, Sarah Nelson, Jean Davis, Jennifer Stow, Kari Hoiem, Grandma and Grandpa Hoiem, and Ingrid Steinmetz.

Then it was time for the next episode in the Peer Gynt adventure where Peer goes back to visit his mother's cabin and they reminisce about make-believe games from his childhood. We started learning a new weaving dance that we would like to perform at the Festival of Nations this year.

Both Ellen Kneesern and Hanna Torvi brought guests to the meeting. Thanks to Claudia Stow for the delicious cut-out Christmas cookies and apple juice.

Our next event is sledding, skiing and using our kick sleds on Saturday, January 9th at 1 PM at the Stillwater Junior High east side hill.

Meet our Members



Frank Jondal is one of Synnøve-Nordkap's newest members. His friend, Ken Nelson introduced him to Sons of Norway. Some of the reasons why Frank joined our lodge were to take the language lessons so that he can pronounce this song, "Kan du glemme gammle Norge". He also wants to meet someone who might like to cruise along the coast of Norway on the Hurtigruten. No doubt the fact that his Dad was from Jondal, Norway by Bergen had something to do with it as well.

Hayfield, Minnesota is where Frank grew up. He earned his Bachelor's degree at the U of MN. and went on to earn a Masters at Western Michigan University. A teaching career which included American High School in Baumholder, Germany concluded with teaching mathematics in the St. Paul school system for thirty-three years.

Two activities that Frank likes are enjoyment of blue grass music and watching the Gopher Women's Basketball as a member of the Fastbreak Club season ticket holders.

Frank volunteers to work with the blind as part of Vision Loss Resources where he is currently working with three vision impaired individuals.

Introduce yourself to Frank at lodge meetings and make him welcome. You will enjoy his great sense of humor!



Benefit News

A New Year's Resolution

As we approach the New Year, it's time to do some planning and make our New Year's resolutions. We plan on losing some weight, saving more money, taking a trip, learning something new or spending more time with our families. But there is another area that needs to be planned for, that is estate planning

Estate planning is the process of anticipating and arranging for the disposal of an estate.

Here are five myths about estate planning:

- *Estate Planning is for Rich People*
- *If I Die Without a Will, Everything Will Go to My Spouse*
- *If I Have a Will, My Estate Won't Go Through Probate*
- *After I Create My Will or Living Trust, I'm All Set*
- *I Could Be Held Responsible for a Deceased Parent's Debt*

Nearly 60% of Americans don't have a basic will. Why not start the New Year off right by starting the estate planning process?

Greg Hovland
Financial Benefits Counselor
651-429-2304
lctfinancial@msn.com
www.LtcFinancialServices.com

This and That

(We are always interested in members submitting articles on books they have read or movies or plays they have seen.)

THE CORNER LIBRARY -By Trudi Johnson-Richards

Out Stealing Horses by Per Petterson was the surprise winner of the 2006 Independent Foreign Fiction Prize and it really is a book to cherish and remember. The book won acclaim again at the 2007 International IMPAC Dublin Literary Award, the largest and most international award of its kind. It has also won the Norwegian Booksellers' Prize and the Critics' Award for best novel. Rights have been sold in twenty-four countries.

Out Stealing Horses is narrated by sixty-seven year old Trond Sander. He has recently moved to a remote house in the countryside, is getting used to his new surroundings and settling in for the winter. His wife died three years earlier, as well as his sister, and he is starting to withdraw from the world. Trond has no telephone, not in touch with his daughter, but he does get a dog.

The novel describes both his present—more or less everyday life—as well as returning to his past, specifically a summer from his mid-teens. His new neighbor turns out to be one of the boys who figured in the past. The first episode focuses when he goes 'out stealing horses' with a local boy, a summer-friend at the place where he spends the summer with his father on the Norwegian-Swedish border. He later tells his father "We weren't really stealing them. We were just going to ride them. But we call it stealing to make it more exciting."

Out Stealing Horses is a very somber Nordic novel. Trond does not sense it, but there are obvious indications that his father is fairly desperate all summer. Trond's friend, Jon, is responsible for a family tragedy. Another accident leads to further minor physical injury and ultimately there is what amounts to a betrayal. Trond is still a youngster, but this summer is a big step in the transition toward adulthood. Much is still mysterious—from how to handle the milk-maid (or rather the feelings she arouses) to much about his father—but the pieces begin to come together. Significant, is Trond's father's recent past, in particular his role during the war under the German occupation. His father often came to this summer house, but it turns out that was just a cover so that he could be the last link in passing information and people to safe Sweden.

Out Stealing Horses is a remarkable life-story. Trond relates an incident from 1948 when he was fifteen. The story switches back and forth from 1999 to a period ranging from 1948 to 1942. We hardly learn anything about Trond and his career or his family, but more about the man he was and became is fully realized. Ann Born, poet, critic and historian translated this book into English including two previous novels by Per Petterson.

LUTEFISK LAMENT (Courtesy of LaRee Opdahl)

'Twas the night before Christmas, with things all a hustle,
As Momma got set for the Christmas Eve tussle,
Aunts, Uncles and Cousins were all coming here,
To fill up their stomachs with Christmas eve cheer.

I sat alone with a feeling of dread,
As visions of lutefisk danced in my head.
The thought of the smell made my eyeballs start burning,
The thought of the taste set my stomach to churning.

For I'm one of those who Norwegians rebuff - - -
A Scandihoovian boy who can't stand the stuff!
Each year, however, I play at the game,
To spare Momma and Papa the undying shame.

I must bear up bravely; I can't take the risk
Of relatives knowing I hate lutefisk!
I know they would spurn me, my presents withhold
If the unthinkable, unspeakable truth they were told!

Soon from the kitchen an odor came stealing,
An odor that set my senses to reeling.
The smell of lutefisk crept down the hall and wilted
a plant, in a pot on the wall.

The others reacted as though they were smitten,
While the aroma laid low my small helpless kitten.
Uncles Oscar and Lars said, "Oh, that smells yummy!"
While Aunt Olga just beamed as she patted her tummy.

The scent skipped off the ceiling as it came through the door,
And the bird in the cuckoo clock fell on the floor.
Momma announced dinner by ringing a bell, And they
rushed to the table with a whoop and a yell.

I lifted my eyes to heaven and sighed,
And a rose on the wallpaper withered and died.
With unhurried pace I went to my chair,
And sat down in silence with an unseeing stare.

Most of the food was already in place,
There only remained the lutefisk space.
Then in it came - - - you could just hear the drools,
You would think that the bowl held Norway's crown jewels!

Then Momma lifted the cover on that steaming dish,
And I was face to face with that quivering fish.
"Me first!", I heard Uncle Sven call,
While I watched the paint as it peeled from the wall.

The plates were passed for Papa to fill,
I waited, in agony, between fever and chill.
He would dip in the spoon and hold it up high,
It oozed on the plates - - - I thought I would die!

Then came my plate, and to my fevered brain,
There seemed enough lutefisk to derail a train.
It looked like a mountain of congealing glue,
Oddly transparent, yet discolored in hue.

With butter and cream sauce I tried to conceal it,
But wouldn't you know, the smell would reveal it!
I drummed up my courage; I tried to be bold.
Momma said, "Eat it before it gets cold."

I decided to try it - - - "Uff da", I sighed.
"Uff da, indeed", my stomach replied.
Then I summoned that courage for which Norskies are
known, My hand took the fork with a mind of its own.

With reckless abandon, that lutefisk I ate,
Within twenty seconds, I cleaned up the plate.
Uncle Oscar then flashed me an ear-to-ear grin,
While butter and cream sauce dripped from his chin,

Then to my surprise, he said in my ear,
"I'm sure glad that's done for another year!"
It was then that I learned a wonderful truth,
That Swedes and Norwegians from young men to youth,

Must each pay their dues to have the great joy,
Of being known as a good Scandihoovian boy!
And so to you all, as you face the test,
Happy Smorgasbord to you, and to you all my best!

**Synnøve-Nordkap Lodge #1-008
Sons of Norway
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Shoreview, Minnesota 55126-8005**



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**SYNNØVE-NORDKAP
SONS OF NORWAY
LODGE #1-008
First Lutheran Church
463 Maria Ave.
St. Paul, MN 55106
651-762-7872**



Upcoming Activities

**"An Apple a Day" - Tues. Jan. 12
SON 115th Anniversary - Sat. Jan. 16
"Swede Hollow" - Tues. Feb. 9**

More Info Inside

The Mission of Sons of Norway is to promote and to preserve the heritage and culture 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.