



## Front Page News



Our Lodge's Julebord was an amazing event; small...but really fun with an amazing array of food. Twenty-eight determined people braved a winter storm and unplowed streets to show up! It took about twice as long for each of us to arrive, but arrive we did...with food! I guess that was the major determining factor for me. I had spent a lot of time, effort, and \$\$\$ on food, so that pretty much sealed



it for me. And, I suppose, being a Minnesotan also played a part: It's Minnesota, it's winter, and it snows. But of course we do realize that for others, being a Minnesotan means making safety the top priority when things get EXTRA wintery.

We had a great time visiting with each other, being entertained by Ole Schmole and his three elves (actually his 3 grandsons), eating terrific food, and singing. Jean Knaak demonstrated making two appetizers which we all promptly gobbled up.

We missed those of you that were not able to attend, and we certainly do understand. But, just know, those of us who did brave the weather had a super time.



**Upcoming Programming:** January and February are our enjoy-your-time-at-home months. We voted not to meet in person during those months. A number of the other successful lodges are changing their schedules to better meet their members' needs.

However, there will be extra summer activities.

We will again get group tickets for Church Basement Ladies. There are many versions of this successful show, so it will not be the same one that we saw last summer.

We have begun planning an overnight trip to see the trolls in Detroit Lakes and the sights in this heavily Norwegian area. You may have seen the trolls on Facebook. Detroit Lakes is alive in the summer!

In February, we will offer an online program. You will receive information in an e-blast.

For March, April, and May, we will have our regular meetings beginning with a supper at 6pm, followed by the business meeting and program.

## President's Letter

### Dear Members,

I hope you are all in good health, and your Christmas and New Years was great.

No lodge meeting for January and February.

We are going to need your help for the International Festival of Minnesota on April 10-11, 2026. Our baking day will be April 6 or 7, depending on when we can get the time at the church.

Have a good January and February, see you in March!

Kathy Kaluza  
Synnøve-Nordkap President

## 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.

## District Convention Delegates Needed

Please give some thought to becoming a delegate at this year's Sons of Norway District 1 Convention to be held in Willmar, MN, June 25 to 27. Our lodge will be able to send 4 delegates. Delegate names need to be reported by March 1, 2026.

During the business meeting, delegates will vote on referendums and by-law changes for District 1 as well as for new District officers and Board members. There are two banquets and entertainment with each. As a delegate, you have the opportunity to attend cultural learning sessions including genealogy, crafts, a tour, and other Nordic informational sessions. This year the convention coincides with Willmar Fest which has activities for all ages.

Also, if you are interested in becoming a District Officer, you MUST be a delegate to this convention and hold a Sons of Norway financial product (insurance or annuity). If you do not currently have one, an agent will be at the convention to help. The costs are very reasonable. All positions are open for challenge, however, the District President, Vice President, Publicity Director and Zone 9 Director (our zone) are positions that need to be filled. I am happy to answer any questions you may have about any of the District offices.

Contact me if you are interested in being a delegate or have any questions: [cjchassis@comcast.net](mailto:cjchassis@comcast.net)

# 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 Synnøve-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?*

## Sons of Norway Book Club

### January books:

#### Main Selection

*Butter in the Well: A Scandinavian Woman's Tale of Life on the Prairie* — by Linda K. Hubalek

**Synopsis:** This historical fiction, written in the form of diary entries dating 1868 to 1888, is based on the actual woman who homesteaded the author's childhood home. True stories gathered on this Swedish family and community show the determination these pioneers had, to face and overcome the conflicts and tragedy that happened in their lives.

#### Mystery Selection

*Death at the Sanitorium* — by Ragnar Jónasson, Translated from the Icelandic by Victoria Cribb

**Synopsis:** 1983: At a former sanatorium in the north of Iceland, now a hospital ward, an old nurse, Yrsa, is found murdered. Detective Hulda Hermannsdottir and her boss, Sverrir, are sent to investigate her death. There, they discover five suspects: the chief physician, two junior nurses, a young doctor, and the caretaker, who is arrested following false testimony from one of the nurses, but subsequently released.

Less than a week after the murder, the chief physician is also found dead, having apparently fallen from a balcony. Sverrir, rules his death as suicide and assumes that he was guilty of the murder as well. The case is closed.

2012: Almost thirty years later, Helgi Reykdal, a young police officer, has been studying criminology in the UK, but decides to return to Iceland when he is offered a job at the Reykjavik police department—the job which detective Hulda Hermannsdottir is about to retire from.

To Join the Sons of Norway Book Club:

Email your name, Lodge name and number to: [SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)

## Mølje - A Fisher's Feast



Image credit: [www.seafoodfromnorway.us](http://www.seafoodfromnorway.us)

In the northern part of Norway, during the winter months, a certain and unique meal takes the stage. This meal is known as Mølje. The main ingredient of mølje is cod, but more specifically it is cod, cod roe, and cod liver.

The migration pattern of Arctic cod is the main reason for the dish being a common cuisine in the winter. The cod spawn in the archipelago of Lofoten, Norway, from January to April, which provides an abundant catch for the fishery there.

For many years, the fisherman of Lofoten have enjoyed what the waters have to offer. They would take their one cooking pan and add cod roe, potatoes, and water to cook. Then they would add the liver and cod for a few more minutes and mix it all together.

Today's preparation of mølje is a bit more complex with upwards of four pans used to prepare each ingredient separately. You can enjoy this delicacy in restaurants in Northern Norway in season. In fact, it is a "self-contained meal" and will give you everything you need by adding some carrots and potatoes. What a unique meal to try.

## Folk High School Proposal

The Norwegian government has recently proposed that the share of scholarships for folk high schools (folkehøgskoler) be cut to 15% from its current 40% standing. This proposal has many fearing that it will quickly reduce the number of students that can afford to go to these high schools.

A couple students at the Namdals Folkehøgskole in the Grong municipality in Norway explained that they may not have been able to participate had the proposed changes been in effect due to the idea of increasing loans as they navigate their education journey.

CEO of the Norwegian Folk High School Council Anne Tingelstad Wøien believes that some students need the environment that a folk high school offers in a time where many young people are struggling with mental health and the feeling of exclusion. These types of schools allow youth a pressure-free environment to learn and explore their passions without receiving grades. The decision from the government on this proposal is being anxiously awaited by those connected to the strong tradition of Norwegian folk high schools.



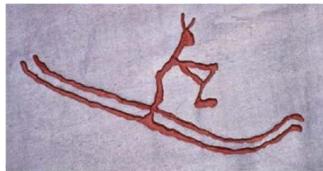
Image credit: Mahlum, Public domain, via Wikimedia Commons

## Local Events

### First Lutheran Church in Columbia Heights

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

Seatings at Noon, 2pm, 4pm, 6pm. Tickets went 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 40<sup>th</sup> Ave. NE, Columbia Heights, MN 55421



## The Evolution of Skiing in Norway

by Don Halvorson

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

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

The Norwegian word "ski" is from the Old Norse "skid" meaning a split piece of wood. The Sami, descendants of ice age reindeer hunters who settled in northern Russia and Scandinavia, are commonly believed to be the inventors of the ski. Some Chinese scholars insist that the first skis were used there as early as 8000 BC. Others dispute that date, believing it was much later. The oldest pair of skis, dated 6300 BC, was discovered in a peat bog near Lake Sindor in the Vychegeada region of Russia. Pictographs of skiers, carbon dated 2500 BC, have been found on a rock wall in Rodoy, Norway. A Swedish ski, dated 3200 BC, included a long pole with a carved scoop on one end. It may have been needed for steering downhill, or used as a shovel or as a club while hunting.



In the Prose Edda Snorri Sturluson writes about Ullr and Skadi, the Viking god and goddess of skiing. Ullr, the god of winter and hunting, was unmatched as a skier, and is often accredited with being the

first snowboarder. Skadi, after divorcing her husband Nord, moves back to her ancestral home in Thrymheim, where she would often go skiing and hunting in the mountains.

The first legendary cross-country skiing race took place in the 12th century. In the midst of a civil war, two Birkebeiner, military members of the king, rescued Haakon Haakonson, the infant heir to the throne, who was hiding near Lillehammer. In the dead of winter, they carried the young prince fifty-five kilometers through the Gubrandsdal valley, over two mountain ranges and into the Osterdal valley to safety. Six centuries later, the Norwegian army continued to train on skis and often ski for sport. The first recorded modern day Norwegian cross-country race was held in 1842.

In the 1700s, recreational skiing began to become increasingly more popular, especially in the Telemark region of Norway. Skiers there developed the Christie and Telemark turn, two better ways to control speed while turning. The Great Northern War pitting Russia and Norway/Denmark against the Swedish Empire, was fought almost entirely on skis. The 1800s saw the development of a lighter, thinner ski design. The cambered design distributed the weight of the skier more

evenly over the length of the skis and allowed the skier to glide over the soft snow and turn with more ease. By the 1850s, these improvements would lead to the birth of downhill skiing. In the 1890s the first hickory skis were produced in Norway. Although hickory was imported from the United States at great expense, skis made from it were tougher, lighter and had more flex. Next a composite ski of hickory and spruce or basswood was tried. The skis were lighter still, but the glue holding the woods together was not waterproof. A breakthrough came in 1937, when a formaldehyde-based adhesive invented for holding aircraft together was adapted for the ski industry.

Lamination became easier and would eventually lead to combining steel edges with laminated wood. What followed was plastics and aluminum.



Ski jumping also originated in Norway. The first recorded jump was by Olaf Rye, a Norwegian soldier, who jumped 31 feet in 1808 at Eidsberg, Norway. Sondre Norheim, however, is considered the Father of ski jumping. He was the first winner of a competition for prizes and money in 1866 at Ofte, Høydalsmo, Norway.

Norway won 17 medals in the Nordic combined events introduced at the first Olympic Winter Games in 1924 at Chamonix in the French Alps. Alpine skiing was introduced in 1936 at the IV Olympic Winter Games in Garmische-Partenkirchen, Germany. Norway's Alpine medal count was 7, second best behind Germany, Italy and Great Britain.



Free the Powder: History of Skiing

<https://www.freethepowder.com/pages/history-of-skiing>

Ski jumping - Equipment and History - Olympic Sport History  
[www.olympic.org/ski-jumping-equipment-and-history](http://www.olympic.org/ski-jumping-equipment-and-history)

## A Month of Holiday Cheer

By Jana Velo



Scenes from our annual baking day and an example of the cookies that each family took home. Photo: Jana Velo

In December the Peer Gynt Dancers celebrated *jul* with our annual cookie baking day, rolling up our sleeves to make several kinds of tasty julebakst: kringla, the pillow-soft vanilla treats, brune pinner or crunchy cinnamon sticks, krumkake and havre kniple kaker, oatmeal lace cookies dipped in chocolate. *Tusen takk* to all the parents who volunteered!

Later in the month, we performed at the Christkindl Market in Minneapolis' North Loop neighborhood, where the heated stage and warming tent came in handy due to frosty conditions. The kids donned their best wool sweaters, hats and *norsk votter* (mittens) over their bunads and were cheered on by a boisterous crowd of holiday shoppers.



Left: Peer Gynt dancers performing *Tretur frå Hornindal*. Photo: Becky Foro



Right: Dancers perform the song-dance *Ikødnet* about animals doing chores on the farm. Photo: Krista Schweppe



On January 10, because of snow melt, Peer Gynt will meet up at Webster Park at Laurel and Grotto Avenues. We'll try some new fish toss categories before practicing our dances indoors.

# Bulletin Board

## Norwegian Language Classes

**Tuesday Class:** Class will resume in March.

**Wednesday Class:** January 14 & 28, 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.

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

Sheryl Hove, [sherylhove12@gmail.com](mailto:sherylhove12@gmail.com)  
651-738-4908 and 651-468-8913

## 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](mailto:cjchrissis@comcast.net)

## Hardanger Embroidery

The Hardanger embroidery group will meet on Friday, January 16 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](mailto:kaluzakathy@gmail.com)

**Becky Foro**, Brevet Editor:  
[rebeccajean\\_w@yahoo.com](mailto:rebeccajean_w@yahoo.com)

**Sons of Norway HQ:**  
[https://www.sofn.com/contact\\_us/](https://www.sofn.com/contact_us/)

## MANGE TUSEN TAKK!!!

I cannot thank Chris and Randy enough for all their help getting me and my car free after the Julebord! If it wasn't for your help, I'd have definitely been stuck until a plow finally came by. You guys are life savers!

~Becky Foro

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
Wednesday, January 14 & 28, 1- 2:45 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Monday, February 2, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109
Tuesday, March 10 5:30-6:00	Norwegian Language Lesson	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Tuesday, March 10 6:00-8:00pm	Lodge Meeting	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116

• • • • • NO IN-PERSON LODGE MEETINGS DURING JANUARY OR FEBRUARY • • • • •