



## Front Page News

### THE BOARD WOULD LIKE SOME FEEDBACK



In November and December, we took a vote to try not having “in-person” meetings in January and February. We had heard from many members that weather and early darkness were major reasons. And, we decided to have in-person meetings or group activities in July and August instead.

Feedback the Board would appreciate at our March 10<sup>th</sup> meeting is:

1. Were you more comfortable NOT meeting in January & February?
2. Do you have any suggestions for summer group activities?

### Festival Returning (With a New Name)

We will be participating in the International Festival of Minnesota this year, formerly known as Festival of Nations. The dates are Friday April 10th and Saturday April 11th. We will be needing many volunteers for baking day (Monday April 6th), setting up the booth and staffing the cafe. We will have sign-up sheets at the March meeting. Please reach out to Kathy Kaluza or Pat Carlson if you have questions or to volunteer. Thank you.

Check out the official website at [ifestmn.org](https://ifestmn.org) for more information about the festival in general.



INTERNATIONAL  
FESTIVAL OF  
*Minnesota*

## President's Letter

### Dear Members,

I hope all are in good health — no meeting for February.

Please fill out your hours for your time for things you do for our Lodge, and send them to Sheryl Hove by March 1. Thank you.

If you send your dues in and notice you don't get your Sons of Norway card, they don't send it out anymore — they send it in an email for you to print out. I just found that out at the Board meeting and I wanted you to know.

No new information about the International Festival of Minnesota on April 10 and 11. I hope there's news soon.

Happy Valentine's Day,

Kathy Kaluza  
*Synnøve-Nordkap President*

### Volunteer Hours Due Soon

**Volunteer hours are due to Sheryl Hove by March 1st.** If you need a form, fillable and printable versions are now available on our lodge website at <http://synn-nord.org/volunteer-hours-form/>

Email online form to [sherylhove12@gmail.com](mailto:sherylhove12@gmail.com) or mail to: Sheryl Hove, 12 W. Sandra Lee Dr., St. Paul, MN 55119-4953

### 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 Connie Chrissis if you are interested in being a delegate or have any questions: [cjchrissis@comcast.net](mailto:cjchrissis@comcast.net).

### 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 10 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 10th 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 (NLNL) Exhibit Coordinator ..... Lowell Johnson

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

### Synnove-Nordkap Members Achieve Anniversary Pins

Congratulations to these dedicated lodge members who will receive their membership anniversary pins at the March 10th lodge meeting. They must be present to receive the pin, unless they make arrangements for someone to pick up the pin for them.

Robert Mikulak – 55 years  
Susan Stow – 45 years  
Gloria Skalbeck - 40 years  
Steven Helgeland - 30 years  
Lowell Johnson – 15 years  
Milton Hillegass – 10 years  
Bruce Berggren – 10 years  
Grant Smith – 10 years  
Agnes Meium – 5 years

William Hageman - 50 years  
Jon Stratte – 45 years  
Kathleen Kaluza – 35 years  
Judith Stanke - 20 years  
Kaia Hillegass - 15 years  
Andy Chrissis – 10 years  
Randall Youngs – 10 years  
Mai Youa Yang – 5 years  
Judith Coppersmith – 5 years

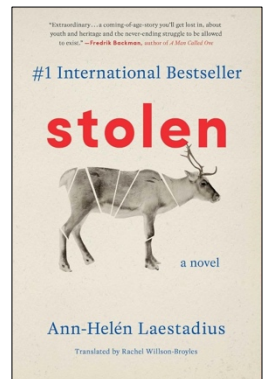
# Sons of Norway Book Club

## February books:

### Main Selection

**Stolen: A Novel** — by Ann-Helén Laestadius,  
Translated from the Swedish by Rachel Willson-Broyles

**Synopsis:** On a winter day north of the Arctic Circle, nine-year-old Elsa—daughter of Sámi reindeer herders—sees a man brutally kill her beloved reindeer calf and threaten her into silence. When her father takes her to report the crime, local police tell them that there is nothing they can do about these “stolen” animals. Killings like these are classified as theft in the reports that continue to pile up, uninvestigated. But reindeer are not just the Sámi’s livelihood, they also hold spiritual significance; attacking a reindeer is an attack on the culture itself.



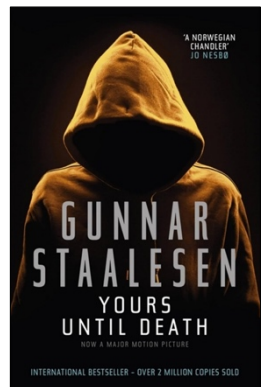
### Mystery Selection

**Yours Until Death** (Book 2 of 14: Varg Veum) — by Gunnar Staalesen,  
Translated from the Norwegian by Margaret Amassian

**Synopsis:** It is at their 'torture chamber', a hut in the pinewoods nearby, that Varg Veum, Private Investigator, first encounters the gang's pathetic but deadly ferocity. Eight-year-old Roar's bicycle had been stolen and not an adult in sight dared retrieve it.

But that preliminary brush with youthful violence is nothing compared to what awaited Veum when he got to know Roar's blue-eyed, shy yet sensuous mother, Wenche Andresen, and her estranged husband, Jonas.

Veum's attempts to break up Joker and his pack of young thugs by enlisting the help of the local youth club leader proves a dead end. But not so dead as the man who found lying prone with a knife in his back on the floor of Andresen's flat.



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February online meetings Thursday, Feb. 26 & Saturday, Feb. 28, 2025  
Thursday Meeting at 8 PM Eastern & Saturday Meeting at 2 PM Eastern

To Join the Sons of Norway Book Club: Email your name, Lodge name and number to: [SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)

## Recipe Box



### Ingredients:

4 cups old-fashioned rolled oats  
1 cup sliced almonds  
1/2 cup raw pepitas (pumpkin seeds)  
1 tsp. ground cinnamon  
1 tsp. ground cardamom  
1/2 tsp. ground ginger  
1 tsp. fine salt  
1/2 cup canola oil  
1/2 cup real maple syrup  
1 tsp. vanilla extract  
1/2 tsp. almond extract

### Notes:

Let the granola cool completely before removing from the pan. If the granola is still warm when you package it, you run the risk of soggy granola.

Freeze for long-term storage. For longer storage, freeze in Ziploc freezer bags.

**Recipe and photo source:** True North Kitchen  
<https://true-north-kitchen.com/nordic-morning-granola/>

### Homemade Cardamom Granola with Almonds

Easy and delicious homemade granola recipe featuring oats, cardamom and sliced almonds.

### Instructions:

Preheat the oven to 350°F / 175°C. Line a baking sheet with parchment paper and set aside.

Combine oats, almonds, pepitas, cinnamon, cardamom, ginger and salt in a large bowl. Stir well, ensuring that the salt and spices are evenly distributed throughout the mixture.

Add oil, syrup and extracts. Using a rubber spatula, stir well to combine.

Transfer granola to prepared pan. Pat down with a rubber spatula to distribute the mixture in an even layer. Bake for 15 minutes.

Remove granola from the oven and stir with a metal spatula to redistribute on the baking sheet. Firmly press down on the mixture using the back of your spatula, creating an even and tight layer of granola. Bake for an additional 12-15 minutes or until granola is toasty and golden brown.

Remove from the oven and allow to cool completely on the baking sheet.

Use a spatula to transfer the granola to glass containers for storage (or freezer bags, if freezing). Granola keeps for about two weeks at room temperature or several months in the freezer



## The NOREX Alliance

by Don Halvorson

*Originally published by Synnøve-Nordkap Lodge in the February 2021 SynNor Brevet.*

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During a normal year at Camp Ripley, near Little Falls, the winter season would be the setting for the Norwegian-American Reciprocal Troop Exchange (NOREX). This time every year a large contingent of Army and Air National Guardsmen from Minnesota would swap places with equal numbers of Norwegian Home Guardsmen for a scheduled training period in each other's country. Before the pandemic cancelled [2021]'s exercises, NOREX was the longest standing troop exchange between two allied countries in the history of the U.S. Department of Defense.

Friendly cooperation between the Norwegian and American military began during the last year of WWII. Soldiers of the 1st Special Service Forces and the Norwegian-American 99th Battalion were sent to Norway to aid Home Front troops in the dispatching of occupying German forces from their country.

In 1973, while serving as an escort on a Norwegian diplomatic trip to Minnesota, General Herluf Nygaard spent a weekend relaxing with Brigadier General Francis Greenleaf at Camp Ripley. Greenleaf was the commander of the Minnesota National Guard. Nygaard was the commander of the Norwegian Home Guard. During that time together, they shook hands on the idea of exchanging troops between their two commands. The first exchange took place the following winter.

Both men fought the Germans in WWII. Before graduating from the Norwegian Military Academy in 1946, Nygaard had been an active member of the resistance. In 1951 he was promoted to colonel, then in 1968 rose to the rank of Major General. At the time of his meeting with Greenleaf, he was the General Inspector of the Norwegian Home Guard. Greenleaf, a native of Minnesota, was in college at Nebraska when his National Guard unit was activated for WWII. After achieving

his commission, he saw action at Normandy, Saint-Lo, and the Battle of the Bulge. Once the war was over, he returned to the National Guard, reaching the position of director of the Army National Guard in 1971.

From February 8-22, 2019, over two hundred Guardsmen participated in the exchange. Soldiers and Airmen of the Minnesota National Guard were flown to



Værnes Air Station in central Norway. This Royal Norwegian Air Force facility is located in the municipality of Stjørdal in Trøndelag fylke and shares space with the Trondheim Airport. Here, the American troopers spent their time training in winter survival, mountain ski techniques, food rationing, and avalanche awareness. They were also schooled in bivouac procedures, emergency shelter, lean-to construction, and fire building. Back at Værnes, the Guardsmen were also taught weapons familiarization.

At Camp Ripley, the Norwegian Home Guard's main mission was to study law enforcement tactics. They interacted with the Morrison County Sheriff's Office and other local agencies in a number of domestic response exercises. Their free time was spent touring the Charles Lindberg Museum in Little Falls and interacting with the community, while curiously observing the similarities between themselves and the descendants of the Norwegian immigrants who had settled in Minnesota two centuries before.

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To see a short video recap of the February 2025 Norwegian Reciprocal Troop Exchange at Camp Ripley, visit this link:

<https://www.facebook.com/share/v/1Gof2cQaLQ/>

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46th U.S. – Norway Reciprocal Troop Exchange to come to Camp Ripley

<https://minnesotationalguard.ng.mil/46th-u-s-norway-reciprocal-troop-exchange-to-come-to-camp-ripley/>

Handshake That Made History – The Cross Section

<https://crosssection.gns.wisc.edu/2014/04/29/handshake-that-made-history>



### Flying Fish and Fiddle Tunes

*By Jana Velo*



In January, the Peer Gynt Dancers warmed up their throwing arms for the annual frozen fish toss. Conditions were too icy to go sledding, so we added a few categories to the traditional distance toss: one for accuracy and one for agility. This time, we threw our new set of rubber fish instead of the traditional frozen minnows. It was a lot less stinky, and surprisingly, two kids said they missed the heft of the real fish. The rest were relieved to avoid getting slime on their mittens.

Once indoors, we reviewed several dances that the teen dancers will perform at the International Festival of Minnesota, formerly known as the Festival of Nations. Kids ages 13 to 19 can

perform in this category. February 21st, our teen dancers will demonstrate a trio of dances for the festival committee. Then on April 10th we'll perform in the 11 a.m. line-up at the festival, held at the St. Paul RiverCentre.



Coming up at our February 14 rehearsal, we'll continue with this year's theme of Norwegian folk instruments and music. Sarah Pradt, Hardanger fiddle professor from St. Olaf College, will play a few tunes and teach us about her ornately decorated fiddle.

### Norwegian Language Classes

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

**Wednesday Class:** February 11 & 25, 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, February 27 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. Or if you have other handcrafts you'd prefer to work on, please do — 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 by March 1. Forms are now available at [synn-nord.org](http://synn-nord.org) if you need one.*

### Sunshine News

To request Sympathy, Get Well, and/or Thinking of You cards to our Circle of Friends, please contact Sharon Amann by text 651-706-9700, phone 651-631-0399, or email [slamann@comcast.net](mailto:slamann@comcast.net).

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*Sandra Bestland contacted us about the passing of her father.*

### 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/)



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, February 11 & 25, 1- 2:45 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Monday, March 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
● ● ● ● ● ● <b>NO IN-PERSON LODGE MEETINGS DURING JANUARY OR FEBRUARY</b> ● ● ● ● ● ●		