



# SynNor Brevet

Synnøve-Nordkap  
Lodge 1-008  
St. Paul, MN

March 2026  
Issue Number 26 - 03



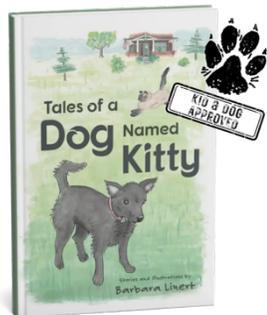
## Front Page News

### Welcome Back, Lodge Members!

We are looking forward to seeing your smiling faces at the March 10th meeting since we decided to “go dark” for January and February. As was stated in the February Brevet, we would like feedback about not having to brave the snow, ice, and darkness for those two months, BUT the negative side was that we didn’t get to enjoy fellowship with our fellow lodge members. However, we will be having gatherings and fun in both July and August that will offset that.

Food served at the March meeting will be mashed potatoes and gravy, meatballs, and salad, as well as sweet treats. Comfort food plus friendly faces sounds like the making of an enjoyable evening. See you very soon!

### March Program



This month we welcome Barbara Linert, author and illustrator of the children's book *Tales of A Dog Named Kitty*.

Barbara is a grandma, retired from various and sundry careers from accounting to politics. And, now that the book is published, she is an author and illustrator.

Barbara grew up in rural Minnesota riding horses, milking cows and doing chores with cousins on their grandparent’s farm near Plummer; but Thief River Falls is her home town.

Barbara will speak to the lodge about the processes involved in writing a book and publishing it, and how she became a first-time author.



For our April meeting, Lowell Johnson and Chris Bales will talk woodworking.

### Upcoming Contest

We will be combining Food & Fun at our April meeting by having a friendly **Tastiest Soup Competition**. We need to have 6 people sign up to bring a favorite soup. The members will then taste and vote for the evening's favorite. The prize will be having the “bragging rights” that will warm your heart.

It was so much fun to have the Chili Cookoff Contest last year that we decided to tweak it by expanding it to soups rather than just chili.

Sharon Amann will have a sign-up sheet at the March meeting.



## President's Letter

Dear Members,

I hope all are in good health. I hope spring comes soon!

March is our first meeting for 2026. We will have food, and installations, and membership pins, and fun and fellowship.

A reminder, the International Festival of Minnesota is April 10 & 11, 9:00am to 9:00pm. We need your help, thank you. Baking day for IFest of MN is April 6 at Gustavus Adolphus Church, 9:00am to 1:00pm.

Have a great St. Patrick's Day!

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 NEWS

Convention Delegates from our lodge were elected at the Board meeting on February 2. They are: Kathy Kaluza, Sharon Amann, LaRee Opdahl, and Andy Chrissis. Their names have been submitted to District Secretary Carolyn Townsend for record.

Our lodge will be submitting an ad for the souvenir convention book. We also decided to sponsor an ad for Gary Legwold as he has made so many wonderful lefse contributions to our lodge's fundraising events.

This year's Sons of Norway District 1 Convention will be in Willmar, MN, June 25 to 27. Non-Delegate attendees are invited and welcome to attend any of the sessions. Visit <https://sonsofnorwaydistrict1.regfox.com/sons-of-norway-district-1-convention> if you'd like to register to attend.

This year's convention will coincide with Willmar Fest occurring June 24 to 28.

## 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](http://ifestmn.org) for more information about the festival in general.





# Sons of Norway Book Club

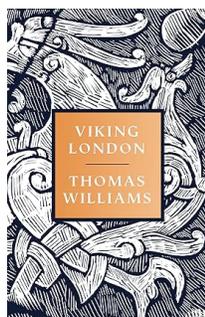
## March books:

### Main Selection

**Viking London** — by Thomas Williams

London was reborn in the fires of the Viking Age, transformed by immigrants and natives, kings and commoners, warriors and saints.

In this short history, bestselling historian Thomas Williams explores the profound impact of the Vikings on London. Under the hammer of their assaults the city emerged as a hub of trade, a financial centre, a political prize, and a cauldron of voices and perspectives – a place that, a thousand years ago, already embodied much of what London is today.



### Mystery Selection

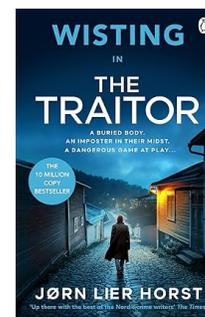
**The Traitor** — by Jørn Lier Horst

In heavy rain, a landslide sweeps away a group of homes in Larvik, Norway. At first everyone is accounted for.

But then, during the clear up, a body is found – one with a gunshot wound inflicted before the landslide.

Detective William Wisting must first find out who it is and where the body came from. He soon wishes he hadn't. The victim is Swedish: a police infiltrator working a major crime.

Suddenly, the stakes couldn't be higher – or more dangerous. Because, in a game of deception, who can Wisting ever trust?



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)

# Norwegian Culture and News

## Free to Ski



Learning to ski at a young age has its benefits. While many Norwegians are “born with skis on their feet,” many others might come to learn the sport a little later in life. No matter when you’ve

learned to ski, it can be a lifelong sport and hobby.

Many ski resorts in the US recognize this too and are offering free daily lift passes for skiers of a certain age. The savings add up quickly, being that a daily pass can be anywhere from \$100-\$200+ dollars a day. The tradition is said to have started when Norwegian American ski champion Alf Engen founded Alf Engen Ski School at a resort in Utah. He believed that skiers of all ages should be welcomed on the slopes.

While age requirements for a free pass vary, it is clear that these incentives are widely used by older skiers. When one writer hit the slopes to see how many seniors are out there, he was pleasantly surprised to find a thriving group of senior skiers ranging anywhere from 55 to 100 years old. Junior Bounous, at over 100 years old, is still on the slopes and teaching others his passion, proving you’re never too old to ski (for free).

Sources: [80 Year-Old Retirees Ski For Free At These Resorts](#)  
[No Age Limit: Skiing at 60 and Beyond](#)  
[SSFREESKI-fin-112016.pdf](#)

## Comeback Story

The Olympics are rich with moving tales of overcoming the odds, and setbacks that make athletes better in the end.

You may recall the loud pants that the Norwegian men’s curling team rolled out at the Vancouver Olympics in 2010. The story goes that the official Team Norway pants had not arrived in time, so one of the curlers ran out and bought red, white and blue pants, to match their jerseys.

That year, Team Norway landed an Olympic silver medal.

Spectators took note, and the wacky pants even inspired a fan site on Facebook. As long as the team was together under team skip Thomas Ulsrud, they donned all kinds of wild patterns- zigzags, Norwegian flags, argyle, hearts and more.

In 2019, Team Ulsrud disbanded at the end of the season, and the pants tradition went with them. The president of the World Curling Federation called the team “huge ambassadors for the sport,” thanks to the visibility the players brought to curling.

Shortly after the 2022 Beijing Olympics, Ulsrud passed away from cancer. At the 2026 Games in Milan, the Norwegian men’s curling team broke out the funky pants for one more game, to pay tribute to Thomas Ulsrud’s legacy.



Image credit: Bjarte Hetland, via Wikimedia Commons

## Norway's Success in the Winter Olympics

by Don Halvorson

*Originally published by Synnøve-Nordkap Lodge in the February 2022 SynNor Brevet.*

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



Norway likes to promote itself as the world's capital of winter sports. Through the centuries, Norwegians invented speed skates, skis, the ski jump, ski poles, and heel clamp ski bindings. They have introduced to the winter sports world such words as "slalom", "Telemark turn", and "Axel", the figure skating jump named after the 1880s world champion skater, Axel Paulsen.

For the better part of the last century, from the first Winter Olympics in the French Alps in 1924, until the hosting of the 1994 games in Lillehammer, the Norwegian Olympic team has been on a long run of exhilarating victories, mixed in with unanswerable devastating defeats. Through the 1920's, 30's, and late 40's, they won the medal count four out of the five games. The Oslo Winter Olympics in 1952 was also considered a success. It was the first Winter Olympics held in a large city and drew the largest crowds to date of any modern Olympic games, summer or winter. Moreover, the host country again took first in the medal count with 16. Then, beginning in 1956, the Soviet Block teams began to dominate, winning eight out of the next nine games, ending in Calgary in 1988. Tragically for Norway, that same year it suffered its worst medal count ever, taking home only three silvers and one bronze.

Before the 1994 games in Lillehammer, Norway's sporting leaders decided to restructure. They had earned more medals than any other country, but they felt that their focus had to change. Their approach to selection and training had to become more professional. They had enough space to train in, unlimited snow, and 30,000 kilometers of marked trails. There were enough athletes to choose from, as almost everyone could ski.

They began by establishing Olympiatoppe, a national elite sports center in Oslo. Its main purpose was to train and develop Norway's best athletes. In 1990 they began with a budget of \$2.4 million, with 73% of expenditures going to the support of athletes and teams. Through funding from SAS and Bergesen, a successful shipping agency, by 2001 that figure had increased 6 fold. Today it has increased by ten times. With this generous windfall, the Olympic Committee has been able to hire better coaches away from their competition, instructors that had, over time, achieved a formula for success at previous Winter Games.

A successful program begins with the children. Kids are encouraged to join sports clubs at an early age to help further their social development. Strict rules, however, discourage anyone from keeping score. Ranking kids from first to last does not begin until age 12 or 13. Coaches want kids to be in a sport because they choose to be there, just having fun during their early involvement.

Norway's high standard of living has also helped in creating world-class athletes by starting them young and providing them with good health and a meaningful education. That also provides coaches with a larger talent pool to choose from for a more competitive Olympic team roster.

In 2018, in Pyeongchang, Norway reached an all time high with a staggering medal count of 39. Gracenote Sports, a leading sports data agency, predicts that this month in Beijing, Norway will win 41 medals. Of those, 26 will be Gold.

*Editor's note: In actuality, Norway's total in the 2022 Beijing Olympics turned out to be 37 total, with 16 of those being gold. However -- in the 2026 Milano Cortina games, they did in fact achieve 41 medals, 18 of which were gold -- a new record for the most by a country in Winter Olympics history. Among individual participants, Norwegian cross-country skier Johannes Høsflot Klæbo won the most gold and overall medals, with six medals (all gold), setting the record for the most gold medals won at a single Winter Olympics and most career gold medals won by a Winter Olympic athlete (11 gold medals total).*



[vault.si.com > vault > 1994/02/07The Lion In Winter - Sports Illustrated Vault | SI.com](http://vault.si.com/vault/1994/02/07/The-Lion-In-Winter-Sports-Illustrated-Vault-I-SI.com)

<https://www.cnn.com/2018/02/24/sport/norway-winter-olympic-success-intl/index.html>

## Peer Gynt Dancers Update — Dance Demo and Accordion Tunes

By Jana Velo

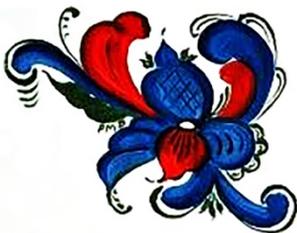


At our February meeting, the Peer Gynt Dancers welcomed Hardanger fiddler Sarah Pradt. She talked about her instrument, allowed dancers to try playing and performed some tunes from our repertoire, like *Per Spelmann*, about the fiddler who regrets trading his beloved violin for a cow and *Kjerringa med staven*, the woman with the staff who is churning butter on the mountain. We also had a guest dancer: Thora's exchange sister from France, Agathe.

The following Saturday we had our dance demo for the International Festival of Minnesota. The teens from our group did a great job showing the dances we'll perform in April. Several dancers were also curious to watch the other groups as the Latvians and Ukrainians showed their performances. It's fun to see other kids who are active in folk dance!

Coming up at our March 14 rehearsal, we'll continue with this year's theme of Norwegian folk instruments and music. Art Bjornjeld, button box accordion player, will visit rehearsal and teach us about his unusual "squeezebox."

March 28th is the annual Nordic Ball. The event in its 47th year features over 5 hours of live music by local Swedish, Norwegian, Finnish and Danish music ensembles and has been a fun optional event for our dancers. Two of our kids are pictured in the event invite! Tickets are \$30 for adults and \$10 for kids 8 to 18.



## Norwegian Language Classes

**Tuesday Class:** March 10, 5:30-6:00 p.m. at Gustavus Adolphus Church before Lodge Meeting. "Norway Travel Hints"

**Wednesday Class:** March 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)

## Sunshine News

A Get Well card was sent to Jean Knaak. She is recovering from a fall.

## Hardanger Embroidery

The Hardanger embroidery group will meet on Friday, March 27 at 10:00 am 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 at the next lodge meeting or by email. 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).

## For Information:

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**Sons of Norway HQ:**

[https://www.sofn.com/contact\\_us/](https://www.sofn.com/contact_us/)

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*The mission of the Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and provide quality insurance and financial products to our members.*



Synnøve-Nordkap Lodge #1-008:

District 1 Lodge of the Year in 2013, 2018

Family Lodge of the Year in 2006, 2008, 2013, 2016, 2017, 2018

Visit Synnøve-Nordkap online: <https://synn-nord.org>

<https://www.flickr.com/photos/synnor/albums>

<https://peergyntdancers.wordpress.com/about/>

<https://www.facebook.com/SynnoveNordkap/>

Date	Event	Location
Tuesday, 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
Wednesday, March 11 & 25, 1- 2:45 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Monday, April 6, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109