



# SynNor Brevet

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

May 2026  
Issue Number 26 - 05



## Front Page News

### May Program: Celebrate Syttende Mai with Songs and Scenes of Norway!

*It's Spring! It's May! It's Syttende Mai — Norwegian Constitution Day. Time to celebrate!*

Let's celebrate with scenes and songs of Norway. Let's bring our families and friends to our May Synnøve-Nordkap meeting on Tuesday, May 12th.

Our menu will be in keeping with the "gatekjøkken", or street food served throughout Norway on Syttende Mai. Did you know we served the same main menu at our International Festival Norway Cafe? Pølse med lefse/sausage in lefse? Our light supper at 6pm will also include lefse, salad, and ice cream with toppings.

Travel around Norway with beautiful scenes of the countryside as we have a sing-a-long of Norwegian folksongs led by Jana Stow Velo.

Get out your Norwegian sweaters, T-shirts, hats, flags and join in on the fun at our lodge Syttende Mai celebration.



### June Picnic

Join us on Tuesday, June 17, 2026, for Synnøve-Nordkap Lodge's annual Midsummer picnic at Island Lake Park in Shoreview, 3611 Victoria St. North, Shoreview, MN.

The meal will be served at 6pm with the lodge supplying fried chicken from Cub. Coffee will also be provided. Members are asked to provide potato salad, baked beans, pickles, etc. and desserts. Sharon Amann will have a sign-up sheet at the May 12<sup>th</sup> meeting. Please bring your own flatware, plates, and beverages. We also have permission for wine. **REMEMBER: Glass dishware/containers are not allowed in the park.**

Non-members \$5/person. Pay at the picnic. Members will not be charged as we are asking them to contribute side dishes.

President's Letter

Dear Members,

I hope all are in good health.

I want to say thank you to the people who worked at the International Festival of Minnesota. It was a great event, and great fun. IFest of MN is going to do it again next year!

May 12 is our meeting, we are celebrating Syttende Mai.

We are planning some events for July and August.

To all mothers, Happy Mother'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 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.

TUBFRIM Helps Those in Need

There are many ways in which we are asked to assist our fellow human beings who are in need. Participation in the TUBFRIM program is one of the more simple yet successful ways to do just that. TUBFRIM is an organization in Norway that resells cancelled stamps and donates the proceeds to help children with disabilities. Sons of Norway is proud to support TUBFRIM in their work to support children in need.

In 1928 Ditlef Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the eradication of tuberculosis among Norwegian children. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen.

Our lodge can help. Collect stamps, trim them as shown in the picture, and bring them to Connie Chrissis at any lodge meeting. The stamps will be added to those donated by other District 1 lodges, and they're shipped to Norway once a year.



DISTRICT NEWS

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.

You might like to make it a day trip. There are options to attend Thursday or Friday only with cultural workshops and dinners with entertainment each day.

The convention is occurring on the same days as the Willmar Days celebration where there will be other festive activities.

# Lodge News

## (continued)

At our April meeting, lodge members Lowell Johnson and Chris Bales shared a presentation on figure carving and chip carving. They shared some of their own projects, as well as other carvings from their personal collections.



## Thank You, Volunteers!

I want to thank everyone for volunteering for the 2026 I-fest Minnesota. THANK YOU!!!! — *Pat Carlson*

### Baking Day April 6:

Kathy Kaluza, Lori Quello, Randy and Happy Youngs, Susan Stow, Linda Erickson, Jean Knaak, Pat Carlson, Sheryl Hove, Connie Chrissis, Sharon Amann, Netta Hillegass, Kaia Hillegass, Becky Foro, LaRee Opdahl, Dianne Anderson

### Setup Thursday April 9:

Pat Carlson, Kathy Kaluza, George Kolstad (Pat's brother), Ron and Susan Stow, Lowell Johnson, Dianne Anderson, Millie Cardinal (Pat's friend), Steve Riemenschneider (Pat's friend). Use of his truck and help unload.

### Friday 1st day April 10th:

*1st shift kitchen* – Pat Carlson, Kathy Kaluza, Lowell Johnson, Leslie Oliver, Leif Erickson, Millie (Pat's friend)

*1st shift counter* – Ron and Susan Stow, Patty Kachel, Pat Carlson when needed

*2nd shift kitchen* – Pat Carlson, Kathy Kaluza, Dianne Anderson, Kari Anderson (Dianne's daughter), Sharon Amann, Lori Quello, Taffy Storck

*2nd shift counter* – LaRee Opdahl, Pat Carlson, Kathy Kaluza

### Saturday 2nd day April 11th:

*1st shift kitchen* – Pat Carlson, Kathy Kaluza, Taffy Storck, Diane Anderson, Leslie Oliver, JT Hanson, Jill Hanson, Jean Knaak, Millie Cardinal (Pat's friend), Becky Foro, Anna Miller (Jr Lodge parent)

*1st shift counter* – Ron and Susan Stow 9 - 11, 11:30 - 3:30, Sandra Bestland, LaRee Opdahl, Maren, Tula, Thora (Jr dancers)

*2nd shift kitchen* – Marilyn Erickson, Sheryl Hove, Kathy Kaluza, Pat Carlson, JT Hanson, Jill Hanson, Jean Knaak

*2nd shift counter* – Christy Post, Jessie Post, Elsy Bagenes (student of Jill Hanson) JT Hanson, Jill Hanson

### Load out Sunday April 12th 11:30:

Pat Carlson, George Kolstad, Dianne Anderson and Steve Riemenschneider

**Eurovision Bound**

**EUROVISION  
SONG CONTEST**

In February, Norway held its national singing contest Melodi Grand Prix in Lillehammer. 1500 songs were initially submitted, which were whittled down to nine for the live tv competition.

Winner Jonas Lovv not only brought strong vocals, high energy and charismatic stage presence; his song "Ya Ya Ya" has a catchy drum and bass-driven beat and a sing-along portion that had the crowd grooving along. Like many Eurovision tunes, the lyrics are poppy and superficial, but Lovv's soaring vocal lines are undeniable. The judges from around Europe gave him a clean sweep of perfect scores, and home audiences agreed. On Syttende Mai, Lovv will represent his country in Austria.

This win is not just luck for Lovv, who hails from Bergen- he has sung in a trio called Shuffle Baby, releasing over a dozen singles in Norwegian and English since 2020 and advancing to the semi-finals on The Voice – Norges beste stemme [Norway's best voice].

**Norwegian Film Award**

After breaking its own record for the most gold medals at a winter Olympics, Norway got to add one more feat– this time in the form of an Oscar. For the first time, a Norwegian film was awarded the honor in the category of International Feature Film at the Academy Awards. It had a total of 11 nominations including in the categories of Best Original Screenplay, Best Actress, Best Actor, and Best Director. This was also the first time a Norwegian film had been included for nomination in the Best Picture category.



*Sentimental Value (Affeksjonsverdi)* tells the story of a dysfunctional and estranged family. The father, played by Swedish actor Stellan Skarsgård, is a film director who has fallen out with his two adult daughters because of always putting career before family.

The family drama has received much critical acclaim and attention, including from Norway's Prime Minister, stating "This is a big day for Norwegian film," when the nominations were announced. Upon accepting the honor, director, Joachim Trier said in part, "This film is about a very dysfunctional family, and it's the opposite of what I felt with this beautiful group behind me. I think I've made films to feel at home with people, and I've really felt at home with the crew. There's 1,072 people in these credits and I love them all, and I share this with them. The cast behind me, I've never been so proud. Thanks for wanting to work with me."

**Sons of Norway Book Club**

**May books:**

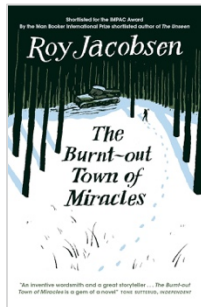
Main Selection

***The Burnt-out Town of Miracles*** — by Roy Jacobsen

**Synopsis:** Set in Finland in 1939, this is the story of one man who remains in his home town when everyone else has fled, burning down their houses in their wake, before the invading Russians arrive.

Timo remains behind because he can't imagine life anywhere else, doing anything else besides felling the trees near his home. This is a novel about belonging - a tale of powerful and forbidden friendships forged during a war, of unexpected bravery and astonishing survival instincts.

*The Burnt-Out Town of Miracles* is not a novel about war, but about the lives of ordinary people dragged into war, each of whom only wants to find the path back home.



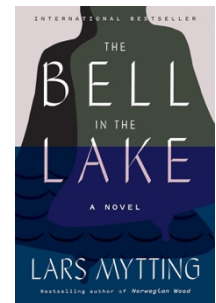
Mystery Selection

***The Bell in the Lake*** — by Lars Mytting

**Synopsis:** As long as people could remember, the stave church's bells had rung over the isolated village of Butangen, Norway. Cast in memory of conjoined twins, the bells are said to ring on their own in times of danger.

In 1879, young pastor Kai Schweigaard moves to the village, where young Astrid Hekne yearns for a modern life. She sees a way out on the arm of the new pastor, who needs a tie to the community to cull favor for his plan for the old stave church, with its pagan deity effigies and supernatural bells.

When the pastor makes a deal that brings an outsider, a sophisticated German architect, into their world, the village and Astrid are caught between past and future, as dark forces come into play.



Discussions take place on the last Monday of each month at 8:30 PM Central & the last Thursday of each month at 7 PM Central.

All members have the option of joining either meeting.

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

## The Flag of Freedom

by Don Halvorson

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[2021 marked] the bicentennial of the modern Norwegian flag. In 1821, Fredrik Meltzer, a politician from Bergen, convinced the Norwegian parliament to accept his proposed design. Because of Covid however there was no bicentennial celebration. Purposely the Nordic Cross design was an identical match to the other three Scandinavian countries. Like the others, the cross is a representation of their neighbors' Christianity. The colors chosen were those of two other relatively young democracies, France and the United States. Respectfully, the red is from Denmark's flag, and the blue from the flag of Sweden.

In the Icelandic Sagas, there is brief reference to Harald Hadrada's Raven Banner in Haralds' saga. In another saga, there is mention of Saint Olav's serpent banner carried into the Battle of Nesjar off the Norwegian coast. But generally there is little else to substantiate that the Vikings had a strong interest in flags. In 1107, Sigurd I, a Norwegian king taking part in the Crusades, carried flags for his troops to rally around. The Crusader cross may have been the motivation for the Scandinavian flag five centuries later.

By the year 1318, a common symbol on Norwegian standards was a gold axe-wielding lion on a red field. This lion image was first found on the seal of Ingebørg Håkonsdatter, a Norwegian princess who, by marriage, had become a Swedish duchess. This image would be adopted by the Norwegian royal house and is on the flag of the King of Norway.

The year 1376 was the beginning of the 400 years of night under Danish rule. During that time, Norway flew only the red and white flag of Denmark. In 1814, after the union with Sweden, the Daneborg was retained but modified by the addition of the Norse lion and axe in the upper left corner.

In 1821, Norway's new flag design was grudgingly accepted by their Swedish rulers. But in 1842, Sweden proposed a new merchant flag design. Cynically known by the Norwegians as the Herring Salad flag, it poorly combined elements of the Swedish and Norwegian flags into one small image, placed in the upper left corner of both national flags. It was flown by both Norwegian and Swedish Merchant vessels until 1898. From 1899 until the dissolution of the union between Norway and Sweden in 1905, the Nordic Cross flag returned for good.



In 1927 the Storting passed a law concerning the correct use of the Norwegian flag. It defines the use of the flag on state property and during national holidays. It also defined the time the flag is to be hoisted and lowered in different areas of the country, and throughout different seasons of the year. There are also rules of folding the flag, such as not letting it touch the ground and the wearing the flag on one's body above the waist only. The citizens of Norway are only allowed to privately fly the flag about fifteen days a year. These include the birthdays of a member of the Royal House, Christian holidays and significant dates in Norwegian history. On designated days of mourning, during the death of a royal family member, or time of a national disaster, the flag is flown at half-staff.

For Norwegians who want to show their patriotism year-round, they can fly the Vimpel. This popular pennant comes in two designs: a white-bordered blue horizontal band centered on a red field or a stretched out version of the Nordic Cross. Flying this streamer from a flagpole outside their house during daylight hours lets everyone concerned know that the residents are at home.



Norway's Flag: The Evolution of a Norwegian Icon - Life in Norway  
<https://www.lifeinnorway.net/norway-flag/>

The Raven Banner and Other Viking Banners - Viking Answer Lady  
<http://www.vikinganswerlady.com/banners.shtml>

## Peer Gynt Dancers Update Herding Calls and International Festival

By Jana Velo

At our April meeting, the Peer Gynt Dancers were regaled with stories from **Mary Klockeman**, who grew up on a Minnesota farm and learned to call cows, goats and horses in the Norwegian style. She taught the kids a goat-calling song and also performed a few folk tunes that she learned from tradition-bearers high in the mountains of Norway.



We practiced our newer dances **Tretur fra Strandvik**, and the mixer **Komletrø**—the Potato Dumpling Step—and got ready for the International Festival of Minnesota.

Our performance at the **International Festival** was fantastic. Backstage, the kids got to see all kinds of dance groups preparing to take the stage and think about all the different costuming details that each group needs to put on to prepare. Dancers volunteered at the Norway Café and are truly grateful to lodge members who prepared the foods and worked the cafe booth.



Coming up at our **May 9th** rehearsal, we'll look at Norwegian folk music as it has blended into modern pop, rock and rap.

**May 17th**, we will perform at the Syttende Mai festivities at Mindekirken in Minneapolis. The event takes place from noon to 3 pm in the parking lot at 924 E 21st Street, Minneapolis, MN 55404. We hope you can make it!



## Norwegian Language Classes

**Tuesday Class:** May 12, 5:30-6:00 p.m. at Gustavus Adolphus Church before Lodge Meeting. "Norway Travel Hints"

**Wednesday Class:** May 13 & 27, 1:00-3:00 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, May 29 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).

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



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, May 12 5:30-6:00	Norwegian Language Lesson	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Tuesday, May 12 6:00-8:00pm	Lodge Meeting	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Wednesday, May 13 & 27, 1- 3:00 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Monday, June 1, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109