



# SynNor Brevet

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

June 2026  
Issue Number 26 - 06



## Front Page News

### June Picnic

We are looking forward to seeing you on Tuesday, June 16, 2026 at 6:00pm, for our Lodge's annual picnic at Island Lake Park in Shoreview

The Lodge is providing fried chicken from Cub; therefore we need to have you RSVP so we can have the correct amount of chicken. **RSVP by Thursday, June 11<sup>th</sup>** to Sharon Amann at [slamann@comcast.net](mailto:slamann@comcast.net), text 651-706-9700, or landline 651-631-0399. There will be no charge for members; non-members pay \$5.

We are also asking you to bring something to share. The categories are listed below. Please let Sharon know what you are bringing when you RSVP.

Your responsibility for the picnic is to bring your own flatware, plates, beverages. We also have permission for wine.

**PLEASE REMEMBER: Do not bring glass/ceramic plates, bowls, glasses, containers, etc.**

Members have already signed up to bring:

#### Potato Salad

Susan Stow  
Bruce Berggren  
\_\_\_\_\_  
\_\_\_\_\_

#### Salads

Happy Youngs  
Sharon Amann  
\_\_\_\_\_  
\_\_\_\_\_

#### Baked Beans

Audrey Waage  
Marilyn Erickson  
\_\_\_\_\_  
\_\_\_\_\_

#### Veggies & Dip

Leslie Oliver  
Char Lance  
\_\_\_\_\_  
\_\_\_\_\_

#### Pickles

Sheryl Hove  
Becky Foro  
\_\_\_\_\_  
\_\_\_\_\_

#### Chips

Pat Carlson  
Lori Quello  
Lowell Johnson  
Dana Carlson

#### Bars

Kathy Kaluza  
LaRee Opdahl  
JoAnn Hogenson  
Randy Youngs

#### Coffee

Randy Youngs



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President's Letter

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Dear Members,

I hope all are in great health.

Please come to our picnic on June 16. Hope to see you all. Please call Sharon if coming, information is in the article on page 1.

Our bus trip is August 12. Sign up at the picnic, or call Connie (information is on page 4). Sometime in July we will plan a visit at Ruth's house. We'll have information about that soon.

No meetings at the church for June, July and August. Hope to see you all at events this summer.

Have a great summer,

Kathy Kaluza  
*Synnøve-Nordkap President*

### 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.



### Synnøve-Nordkap Nordic Experiences Fund

Have you always wanted to try a rosemary class at Vesterheim? How about a cozy intergenerational family weekend at Skogfjorden, the Norwegian Concordia Language Village near Bemidji? Would you like to hear Hardanger fiddle under the pines at Nisswa Stamman? Need some extra resources to solve a genealogy puzzle that's stumped you?

Our hardworking lodge wants to help you get there.

This is a new venture borne of the realization that we've been very generous with our children and grandchildren, funding camp and education scholarships, but it's also time to help adult Lodge members deepen their understanding and appreciation of their Nordic heritage and have some fun!

Applications will be considered based upon the strength of the proposal and previous involvement of the lodge member. We anticipate grants to be in the \$200-\$500 range, with an annual cap of \$1,000. The Lodge reserves the right to make no awards. When possible, the Lodge will dispense funds directly to the organization affiliated with your project.

To apply for a scholarship from the Nordic Experience Fund, please click on the following link. Complete the application and follow instructions on the form for submission. Applications will be considered throughout the year as they are received.

<https://synn-nord.org/wp-content/uploads/2024/01/2024-synnove-nordkap-nordic-experiences-application.pdf>

## Bygdelag Build Pride in Heritage

*Bygdelag* ('big-dah-log') are organizations comprised of descendants of emigrants from Norway to North America. A bygd in Norway shared the same dialect in speech, the same ways to prepare food, the same folkways and the same special occasion costumes, called *bunader* ('bu-na-der'). Many lags serve a larger, regional area.

The national council of *bygdelag*, *Bygdelagenes Fellesraad*, ('big-dah-log-n-es fell-es-road') sponsors a web site to help you tie into the culture of your ancestors and learn that Norway is indeed a very modern country, even though it is proud of its past.

People from Valdres, our oldest group, first met in 1899 and a large celebration was held in Iowa to mark that occasion by all groups in 1999. In 2016 Fellesraad hosted its own Centennial Celebration. To date 23 bygdelag have held festive centennials.

Fellesraad invites you to use their site to further research your Norwegian connections. Many lags publish newsletters for members that give additional information on the annual meetings in America and often include articles about past and present culture in Norway.

## EXPLORE YOUR NORWEGIAN ROOTS at [www.fellesraad.com](http://www.fellesraad.com)

(Fylke [County] names are listed alphabetically)	
<b>FYLKE</b> [ Old Fylke Names ]	A list of possible bygdelag in this fylke.

**Agder**  
[ Aust-Agder, Vest-Agder, ] | **Agderlag.**

**Akershus** | **Romerikslaget i Amerika.**

**Buskerud** | **Hallinglag, Numedalsl gen Lag, Ringerike-Drammen Districts Lag, or Sigdalslag.**

**Finnmark** | **Nordlandslag or Sami Lag.**

**Innlandet**  
[ Hedmark, Oppland, ] | **Gudbrandsdalslaget, Hadeland Lag, Landingslag,**

**Nord Hedmark og Hedemarken Lag, Solerlag of America, Totenlag, or Valdres Samband.**

**M re og Romsdal** | **M re og Romsdalslag**

**Nordland** | **Nordlandslag or Sami Lag.**

(City of Oslo) | **Romerikslaget i Amerika.**

**Rogaland** | **Rogalandslag.**

**Troms** | **Nordlandslag or Sami Lag.**

**Telemark** | **Telemark of America.**

**Tr ndelag**  
[ Nord-Tr ndelag, S r-Tr ndelag, ] | **Tr nderlag of America.**

**Vestfold** | **Ringerike-Drammen Districts Lag.**

**Vestland**  
[ (City of) Bergen, Hordaland, Sogn og Fjordane, ]

**Hardanger Lag, Nordfjordlag i Amerika, Nordfjord-WI Lag, Nordhordland Lag, Sognalag, Sognefjord Lag, Sunnfjord Lag, Sunnhordland Lag, or Vosselag.**

** stfold** | **None currently.**

Please see "Fylke Map of Norway", found under the "Genealogy" tab of our web site, for more precise information on how to find your connection to a specific lag.

[www.fellesraad.com](http://www.fellesraad.com)

## JOIN A BYGDELAG.

## Upcoming Performances

Jana Velo will be leading her vocal group, **Mila Vocal Ensemble**, in the June series of Ethnic Dance Theatre shows.

This show opens with a mid-1800s Scandinavian-American dance suite featuring songs of Norwegian and Swedish immigrants, followed by a set of a cappella Norwegian folk tunes.

### The Land of 10,000 Ethnicities: Volume 2

June 26, 2026 - 7:30pm

June 27, 2026 - 7:30pm

June 28, 2026 - 2:00pm

### Location:

E.M. Pearson Theatre,  
312 Hamline Ave N, St. Paul, MN  
(on Concordia University campus)

Join us for our second installment in the Land of 10,000 Ethnicities series!

Using the dances, music, and songs of the peoples of Armenia, Bulgaria, India, Ireland, Mexico, Norway, Sweden, Turkey, and more, we will highlight where these communities found themselves when they emigrated to the state of Minnesota.

The concert will feature performances by Ethnic Dance Theatre, Mila Vocal Ensemble, and feature live music by the incomparable Ethnic Dance Theatre Folk Orchestra.

Tickets will be pay-as-you-can, suggested amounts: \$15 for children, \$25 for students/seniors, \$35 for adults.

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to legislative appropriation from the arts and cultural heritage fund.

Tickets for shows available here:

<https://events.ticketleap.com/events/ethnic-dance-theatre>

## Lodge Summer Activities

### Bus Trip to Vesterheim



Join us on Wednesday, August 12 for a bus tour to Spring Grove, MN and Decorah, Iowa!

We will depart at 8:00am (most likely from the Gustavus Adolphus parking lot) and travel 2.5 hours to visit the Giants of the Earth Heritage Center in Spring Grove. We will spend an hour there, then travel another 30 minutes to Decorah to tour the Vesterheim Norwegian-American Museum. We will spend 3.5 hours in Decorah to visit the museum and have lunch. We will arrive back in St. Paul at 6:00pm.

We have reserved a 30-passenger bus for our outing. If you'd like to join us, sign up at the picnic and pay \$20

to Connie Chrissis to reserve your spot — first come, first served! If you are not able to sign up and pay in person, you can mail a check made out to Synnove-Nordkap Lodge to: Connie Chrissis, 3510 Centerville Road, Vadnais Heights, MN 55127-7104. Email Connie with any questions at [cjchrissis@comcast.net](mailto:cjchrissis@comcast.net).

## Sons of Norway Book Club

### June books:

#### Main Selection

***Valkyrie: The Women of the Viking World***  
— by Johanna Katrin Fridriksdottir

Valkyries: the female supernatural beings that choose who dies and who lives on the battlefield. They protect some, but guide spears, arrows and sword blades into the bodies of others. Viking myths about valkyries attempt to elevate the banality of war – to make the pain and suffering, the lost limbs and deformities, the piles of lifeless bodies of young men, glorious and worthwhile. Rather than their death being futile, it is their destiny and good fortune, determined by divine beings. The women in these stories take full part in the power struggles and upheavals in their communities, for better or worse.



#### Mystery Selection

***The Ice Beneath Her*** — by Camilla Grebe

When the prime suspect to a shocking murder vanishes, detectives race to track him down before a vengeful scorned ex finds him first in this "exceptional" (*Publishers Weekly*, starred review) Nordic noir thriller from the acclaimed Swedish author of *After She's Gone*.



Winter's chill has descended on Stockholm as police arrive at the scene of a shocking murder. An unidentified woman lies beheaded in a posh suburban home—a brutal crime made all the more disturbing by its uncanny resemblance to an unsolved killing ten years earlier. But this time there's a suspect: the charismatic and controversial chain-store CEO Jesper Orre, who owns the home but is nowhere to be found.



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 North Cape

by Don Halvorson

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Francesco Negri, an Italian priest traveling in Scandinavia in the seventeenth century, is accredited with being the first foreigner to visit the North Cape in 1664. After returning home in 1670, he published *Viaggio settentrionale*, an account of his experience. In it he describes the flora and fauna of the region, and

his strong observations of the physical characteristics of the native population of Lapland.

To the Norwegians it is Nordkapp, to the Northern Sami it is Davvenjarga. The North Cape sits on the northern coast of the island of Magerøya in the north Norway fylke of Finnmark. At land's end a cliff rises 1007 feet above the frigid waters where the north Atlantic and the Arctic Oceans come together. Topping the cliff sits the North Cape plateau, the northernmost land point in Europe. Near the cliff's edge, where the European Highway E69 finally ends, stands the North Cape Hall visitors center. Built in 1988, this popular tourist destination is open for two or three months a year and includes a café, restaurant, post office, souvenir shop, a small museum, and theater. The chapel, St. Johannes Kapell is the northernmost ecumenical chapel and a popular place for weddings. Inland from the sea, miles away from the center, the Sami continue to tend their reindeer herds much as they have done on this plateau for thousands of years. Wild reindeer herds also roam the island. Every spring the Norwegian Army transports thousands of reindeer to their summer pasture on Magerøya.

The bird cliff at Gjesværestappan is a popular bird watching attraction. Hundreds of thousand of birds, including gannets, puffins and cormorants, call this cliff home. Fishing on a chartered boat for giant sea crabs is also a popular



diversion. Hikers have several challenging trails on the island that lead to an impressive view of the North Cape plateau or the bird cliff. Others come for the opportunity to enjoy the wonder and enchantment of the Northern Lights. Travelers can also visit Honningsvåg, the largest town on the island, and a number of small fishing villages.

In the winter of 1943, North Cape became the scene of a major naval battle. As early as 1941, large Allied convoys had begun delivering much needed war materials to Russia, hoping to slow down the German *blitzkrieg*. Their route took them across the North Atlantic, into the Arctic Ocean, and past the North Cape. Early in 1943, to counter this move, Germany sent their large battleship, *Scharnhorst* to North Norway to join its sister ship, *Tirpitz*. Together they were ordered to hunt down and destroy all enemy convoys wherever they were found.

Early on the murky morning of December 26th, the *Scharnhorst* was spotted by a British Navy patrol. Included in that patrol was the battleship *HMS Duke of York*, several cruisers, destroyers and the *HNoMS Stord*, a ship of the exiled Royal Norwegian Navy. The *Scharnhorst* was outnumbered, but because of its larger guns, was not outgunned. Its weakness was its radar. It could not detect how close the British ships were. The *Scharnhorst* was faster, but could be outmaneuvered. After an intense hit and run battle that lasted most of that day, the end came, when the battered, outmanned *Scharnhorst*, was finally finished off by a torpedo barrage and sunk.



THE NORTH CAPE — The northernmost point in Europe  
<https://www.visitnorway.com/places-to-go/northern-norway/the-north-cape/>

Battle of the North Cape — The North Sea Clash  
<https://www.historyonthenet.com/battle-of-the-north-cape>

## Syttende Mai and New Member Recruitment

By Jana Velo

At our May meeting, the dancers listened to rock, pop and rap songs that used some of the traditional folk instruments that we learned about this year: mouth harp, fiddle and accordion. We even heard a rock song with cow-calling in the mix!

To get ready for our annual **Syttende Mai** performance at Mindekirken, we reviewed our newer dances and practiced some old favorites.

We ended up with great weather for Syttende Mai, despite ongoing threats of storms. The kids got to debut a couple new dances, and invited the audience to join in the fun.

At this show, we bid *farvel* to soon-to-be graduate **Beatrix Rhone**, who is heading off to college in the fall. Thanks to parents Patrick Rhone and Bethany Gladhill for their decade of support! Patrick helped out with the Peer Gynt website for many years and Bethany helped at our December baking days.

This fall, we will be looking to **recruit new kids** to join the dance group. If you know any kids ages 7-17 who would like to join, please send them our way at [peergyntdancers@gmail.com](mailto:peergyntdancers@gmail.com) and share the website info: <https://peergyntdancers.wordpress.com/schedule/>

We plan to rehearse at Unity Church - Unitarian again for the 2026-27 school year, starting Saturday, September 12th at 1 p.m.

Have a great summer, everyone, and see you in September!



## Norwegian Language Classes

No classes in June, July and August. Enjoy your summer, and we'll see you in September!



## 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 not meet in June, July or August.



## 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:

**Kathy Kaluza**, President:  
[kaluzakathy@gmail.com](mailto:kaluzakathy@gmail.com)

**Becky Foro**, Brevet Editor:  
[rebecca jean\\_w@yahoo.com](mailto:rebecca jean_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 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
Norwegian Language Lessons — no classes in June, July and August		
Tuesday, June 16 6:00-8:00pm	Lodge Picnic	Island Lake Park 3611 Victoria St. North Shoreview, MN.
Monday, July 6, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109