



SynNor Brevet

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

July 2026
Issue Number 26 - 07



Front Page News

June Picnic Recap

FOOD, FELLOWSHIP, AND FUN all came together on June 16th at our Annual Lodge Picnic. It was perfect weather; not too hot, not too cold, no rain or tornado warnings. The food people brought to share was so delicious, and the chicken from Cub was great. Thanks to everyone who donated the time and effort to bring food. And, Tusen Takk to the Lodge for buying the chicken!

Birthdays and anniversaries were celebrated with song. One very special birthday was noted: Ruth Gibson was celebrated specifically as she turned 101 on May 22 but was not at our May meeting.

Other fun things that happened were dancing around the May Pole, and participating in the Fish Toss. Mid-sommer fun for all!



President's Letter

Dear Members,

I hope all are in great health.

Thursday, July 16 we will be at Ruth Gibson's house for fellowship, friends, and fun from 2:00 to 4:00. Bring a treat if you want to.

Wednesday, August 12 we are taking a bus trip to Decorah, Iowa to the Vesterheim Museum, and also Spring Grove, Minnesota. I've talked to representatives from both places and told them we are coming to them in August. We are going to have fun!

The convention was a very good time, and fun and interesting.

I hope you all had a great 4th of July.

Kathy Kaluza
Synnøve-Nordkap President

Don't Miss This Summer Fun



Things are still changing for our Lodge. Starting last fall, we decided not to have in-person meetings in January and February due to early darkness, snow, cold, and ice. We also decided to have "events" in July and August. Below are the two of the events that have been planned:

Ruth Gibson has invited us back for Fellowship on her deck on **Thursday, July 16th** from 2 to 4PM. We will have some snacks and just relax in the outdoors and take time to enjoy visiting with one another. Please let Sharon Amann know if you plan to come: slamann@comcast.net or call/text 651-706-9700.

At our May meeting, we agreed to take a trip to Decorah, Iowa, to the **Vesterheim Museum**, with a stop in Spring Grove to visit the **Giants of the Earth** museum. We have arranged for a bus trip on **Wednesday, August 12th**. We will meet at the Gustavus Adolphus parking lot at 7:30AM and leave at 8AM. We hope to arrive back at G.A. by about 6PM. A \$20 deposit is required to reserve your seat on the bus. Please RSVP to Connie Chrissis as seating is limited and is almost filled. cjchrissis@comcast.net or call/text 651-276-7226.

Please mark these dates on your calendar.



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>

The Otolith – A New Museum in Northern Norway



An exciting new museum opened at the end of June, in the Lofoten area in Norway. This museum is known as The Otolith and will be part of the SKREI center for knowledge and experiences. *Skrei* is the Norwegian word for Northeast Arctic Cod, the fish that travels from the Barents Sea to the Norwegian coast to spawn. It has been instrumental to the Lofoten fishery, as well as Norway's culture and economy. The main exhibit at The Otolith will lead guests through an engaging experience of Lofoten, its fishery, the people who fish, and the impact fishing has today and in the future. The new building will also feature a museum shop, restaurant, and changing exhibitions. Visitors to The Otolith will receive access to the Lofoten Museum, Aquarium, and Espolin Gallery. All in all, the collection of attractions will give guests a deep understanding of the backbone of the area, while offering something for everyone.

Whale Watching

Seeing whales off the coast of Norway is not highly unusual. However, seeing a beluga whale swimming in a river near Oslo is. Recently, residents along the Drammenselva river spotted a Beluga whale swimming upstream. Word spread of the strange sight, drawing onlookers and gawkers alike.

Beluga whales are distinct in appearance, with their white coloring and lack of a dorsal fin. These adaptations help them navigate under ice better when they are in their more natural environment of the Arctic. While they have been known to stray off course from time to time and end up in rivers like this one, it is likely the lost whale will find its way back to the sea in time and will have better food options once it does.

In the meantime, marine experts warn that the animal should not be disturbed, and boats should do their best to avoid going near it. They state that if the animal becomes stressed, it runs a higher risk of getting beached and unable to get back into the water.



Here the beluga whale shows itself to Drammens Tidende's photographer in Hokksund. Photo: Rune Folkedal

Ro! Ro! Ro!

Have you caught World Cup fever? It's become practically unavoidable with Norway doing so well! On July 5, the team defeated Brazil 2-1 to reach the FIFA World Cup quarterfinals for the first time ever. Kickoff between Norway and England in the quarterfinals is set for Saturday, July 11 at 4 p.m. Central Time.



Recipe Box



Plums with Blue Cheese, Walnuts, and Crispbread

This summer appetizer is the perfect mixture of unique Scandinavian flavors. It will quickly become a go-to for your summer gatherings.

Ingredients:

4 plums, or a combination of plums and pluots
6 oz. blue cheese*
3 oz. walnuts
1 small bunch fresh dill
Honey, for drizzling
2 large circles of crispbread, roughly broken into large pieces

Halve the plums, discard the pits, and cut into thin wedges. Arrange on a platter with the blue cheese and walnuts. Roughly chop the dill and scatter over the fruit. Drizzle honey over the fruit and serve with a bowl of crispbread pieces.

Serves 6.

*You can also use gorgonzola for a milder taste.

Image credit: Daytona Danielson

Recipe directly from:

<https://daytonadanielson.com/plums-with-blue-cheese-walnuts-and-crispbread/>

Sons of Norway Book Club

July books:

Main Selection

The Birds — by Terjei Vesaas

The Birds tells the story of Mattis, a deeply sensitive, intellectually disabled young man living in a small house in the Norwegian countryside with his sister Hege. Eking out a modest living knitting sweaters, Hege encourages her brother to find work to ease their financial burdens, but his attempts come to nothing.

When he finally sets himself up as a ferryman, the only passenger he manages to bring across the lake is a lumberjack, Jørgen. But when Jørgen and Hege become lovers, Mattis finds the safety of his familial life threatened and his jealousy quickly spirals.

In *The Birds*, Norway's most celebrated writer of the twentieth century allows us to rediscover the world. By turns frightening, beautiful, confounding, and full of mystery, it is a world we come to see more vividly through Mattis's eyes.



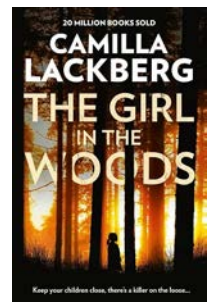
Mystery Selection

The Girl in the Woods —
by Camilla Lackberg

A missing child When a four-year-old girl disappears in the woods outside Fjällbacka, people are horror-struck. Thirty years ago, a child went missing from the same spot, and was later discovered, murdered.

A murder Back then, two teenage girls were found guilty of the killing. Could one of them be the culprit this time? Detective Patrik Hedström starts investigating, with his wife, bestselling crime writer Erica Falck, by his side.

A community torn apart But as Patrik and Erica dig deeper, it seems that everyone in the tight-knit community is hiding something. And soon, the residents must confront the fact that there could be a murderer in their midst...



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

Saltstraumen

by Don Halvorson

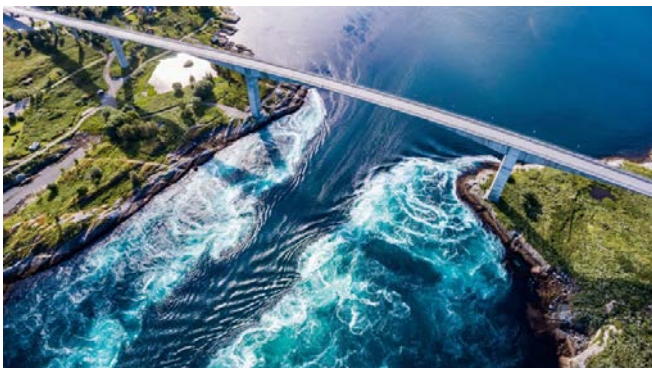
*Originally published by Synnøve-Nordkap Lodge in the June 2024 SynNor Brevet.
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About ten kilometers southeast of Bodø in Norway's Nordland fylke, an extraordinary force of nature takes place; people from around the world are drawn each summer to witness what happens there. Four times a day a huge tidal wave of 40 billion cubic meters of sea water pushes its way through Saltstraumen, the narrow 150-meter strait that runs between two fjords, creating an enormous maelstrom of giant whirlpools in its wake, some as wide as 33- meters in diameter and as deep as 16-meters.

The maelstrom at Saltstraumen has existed for 2,000 or 3,000 years. Previous to that, the area was in transition, due to the pressure from the glaciers that had covered Norway for thousands of years.

The best time to watch this event is said to be around the new moon or during a full moon. The best place to watch it from is the Saltstraumen Bridge, built in 1978, which looks directly over the water. Keep in mind that the maelstrom switches direction each time. For example, if the tides are coming in from the west, it is best watched from the east side of the bridge. For a closer look, there are numerous viewpoints along the shoreline. On the water, it can also be viewed in a RIB, a Rigid Inflatable Boat, that departs from the city ferry terminal several times a day.



When the maelstrom show is over, spectators can return to Bodø and visit Tuvsjyen, a restoration of a hunter-fishing settlement that existed in the Bodø area 10,000 years ago, also one of the earliest archaeological sites found in Norway. Visitors can check out the replica turf hut that has been built there or cook fresh-caught fish over an open pit fire as it was done during the Stone Age.

Overhead and beneath the water, wildlife abound. Sea eagles are continually seen soaring overhead, or diving down to skim the water for food. Eider ducks dive in the strong current for mussels. Below the surface, a rich deposit of fish and other marine life exists there, continually brought in by the reoccurring tidal currents. This has made the site a popular destination for bird lovers, fishermen, marine biologists and other outdoors enthusiasts arriving from all over.



An excellent way to experience the unique marine life is by diving and snorkeling in it. Diving requires a dry suit and warm clothes underneath. Because of the steep walls and strong currents however, it is not a place for beginners. For those with the experience, there is a small window when the current is shifting, about an hour, when they can dive. What they encounter is incredible. A large growth of kelp covers much of the floor. Colorful anemones cover the rock walls. Cod, pollock, halibut, angelfish, and catfish of all sizes swim all around them.

Snorkeling is a much safer way to explore underwater Saltstraumen, as long as you are a good swimmer, and have a professional guide with you.

If visitors want a taste of Arctic salt, or wish to take some home with them, they can buy it at a smokehouse near the dock right above the current at Saltstraumen where sea salt is freshly harvested, dried, then smoked for sale to the public.



<https://www.visitnorway.com/things-to-do/nature-attractions/saltstraumen/>

**The Peer Gynt Norwegian Dancers
invite you to...**

BLI MED – JOIN US!



What we do:

- Meet one Saturday a month
- Learn about Norwegian culture, food, language, sports
- Dance at local events
- Offer scholarships to Norwegian camps and college

**Families with kids 7-17,
join us in September!**

**Find more info here
Or reach out to:
peergyntdancers@gmail.com**



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

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 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.

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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
Norwegian Language Lessons — no classes in June, July and August		
Thursday, July 16 2:00-4:00pm	Fellowship at Ruth's House <i>For address and to RSVP, contact Sharon Amann at slamann@comcast.net or 651-706-9700 (call or text)</i>	
Monday, August 3, 6:00 pm	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109
Wednesday, August 12, 7:30 am - 6:00 pm	Lodge Bus Trip to Vesterheim RSVP to <i>Connie Chrissis</i> cjchrissis@comcast.net or call/text 651-276-7226.	Depart from Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116