



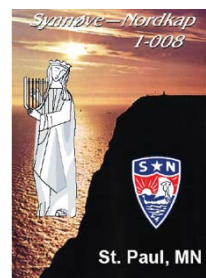
# SynNor Brevet

Synnøve-Nordkap

Lodge #1 - 008

October 2025

Issue Number 25 - 09



## Front Page News

### October Program

Why is Oct 9 chosen for Leif Erickson Day? Because the ship Restauration, coming from Stavanger, Norway, arrived on October 9.

Be sure to join us at our October 14 Lodge Meeting -- our own Leif Erickson was chosen as "the" Leif Erikson while a teenager for the first Leif Erikson Day. He will present his story, starting with his selection, his experiences in Washington D.C., and a clip of him speaking at this occasion.



*For our November 11 meeting, plan to bring your most precious Norwegian item and share it with the group!*

### We Need Your Help

Our annual fundraiser, **Taste of Scandinavia**, is right around the corner. We need everyone to help us so we can continue to fund scholarships and camp tuition, have excellent speakers, and enjoy "food, fun, and fellowship."

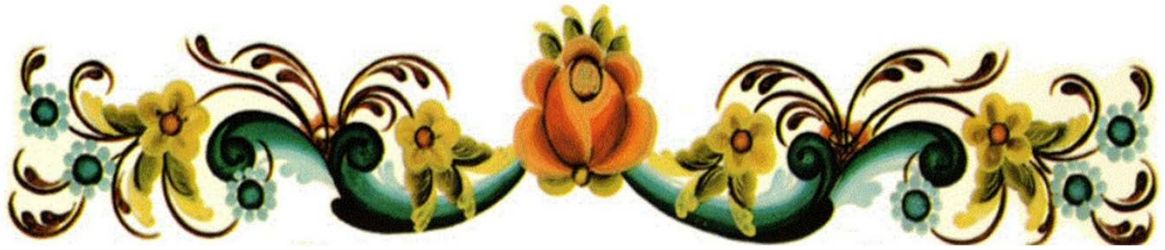
We will need excellent items for our Silent Auction. This is the portion of "Taste" that consistently raises the most funds. Please start thinking, looking, and tucking away items for this.

Two years ago we initiated the "Taste" part of our new fall adventure by having many items, but only small portions. We, again, will be asking for specific food donations. Other venues have had similar events, but ours has had more items and larger samples.

The Bake Sale is also a great favorite! It seems many people have given up baking and canning, but they REALLY enjoy home-made goodies. Now is the time to begin to think about what you can prepare for Saturday, November 1, 2025

Bestefor's Closet is always such fun. One never knows what can be found that you can't live without. We can always find some hidden treasures to donate to this area.

In addition to donating food items for the "Taste" and bake sale, we also need you to volunteer to help set up, serve, and/or help with clean-up. We will be starting the wonderful event at 1PM on Saturday, November 1.



Synnøve-Nordkap Sons of Norway Lodge  
Proudly Presents

# A TASTE OF SCANDINAVIA

## WITH BAKE SALE AND SILENT AUCTION

### SATURDAY, NOVEMBER 1, 2025

We are having just a "taste" of home-made Scandinavian food and desserts.

Doors open at 5:00 PM  
The "Taste" will be served at 6PM  
**\$15 per person**

**A LIMITED NUMBER OF TICKETS ARE AVAILABLE.**  
**PLEASE MAKE RESERVATIONS AS SOON AS POSSIBLE.**

For reservations, text or call Sharon Amann at 651-706-9700 or email Sharon at [slamann@comcast.net](mailto:slamann@comcast.net)

Make checks payable to "**Synnøve-Nordkap Lodge**" and send to:

Sharon Amann  
1575 2<sup>nd</sup> St. SW  
New Brighton, MN 55112

Synnøve-Nordkap Sons of Norway Lodge  
Gustavus Adolphus Lutheran Church  
1669 Arcade Street  
St. Paul, MN 55106

# Food Sign-up for "A Taste of Scandinavia"

## Saturday, November 1, 2025

### Smørbrød (Open-faced sandwich)

**Deli bread** (cocktail rye,

35 slices per loaf):

3 loaves \_\_\_\_\_ Chris Bales

3 loaves \_\_\_\_\_ Chris Bales

**Thinly sliced ham** (1 pound):

\_\_\_\_\_ Sheryl Hove

**Hard boiled eggs** (1 dozen each, peeled):

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**English cucumbers** (3 pack):

\_\_\_\_\_ Sandra Bestland

**Roma tomatoes** (6)

\_\_\_\_\_

**Radishes** (2 bunches)

(washed & trimmed):

\_\_\_\_\_

**Parsley** (2 bunches):

\_\_\_\_\_

**Butter Lettuce** (washed, in 2" pieces)

\_\_\_\_\_

### Kjøttboller (meatballs):

\_\_\_\_\_ Synnove-Nordkap Lodge (300)

**Smoked Salmon:** \_\_\_\_\_ Sandra Bestland

### Sild (Herring):

2 lbs (32 oz) \_\_\_\_\_ Lowell Johnson

2 lbs (32 oz) \_\_\_\_\_ Sam Haroldson

### Cheese and Crispbread:

**Gjetost** 8 oz: \_\_\_\_\_ Audrey Waage

8 oz: \_\_\_\_\_ Audrey Waage

8 oz: \_\_\_\_\_ Marilynn Erickson

**Bondøst** 2 lbs:

\_\_\_\_\_

**Jarlsberg** 2 lbs: \_\_\_\_\_ Dave Mutchler

### Breads

**Homemade flatbrød** (8-10 broken rounds):

\_\_\_\_\_

### Crispbread:

\_\_\_\_\_

**Lefse** (quartered)(40 slices)\*:

1) \_\_\_\_\_ Gary Legwold

2) \_\_\_\_\_

3) \_\_\_\_\_

\*Butter and sugar will be on tables

### Julekage:

1) \_\_\_\_\_

2) \_\_\_\_\_

### Butter

8 sticks (2lbs each):

1) \_\_\_\_\_ Lori Quello

2) \_\_\_\_\_ Taffy Storck

3) \_\_\_\_\_ Leslie Oliver

### Vegetables

**Rødkal** (red cabbage):

1) \_\_\_\_\_ Susan Stow

2) \_\_\_\_\_ Susan Stow

### Syltede Rødbeder

(pickled beets 1 qt): \_\_\_\_\_ Sharon Amann

### Sweet/sour English cucumbers:

1) \_\_\_\_\_ Connie Chrissis

2) \_\_\_\_\_ Connie Chrissis

**Rutabagas/Carrots:** \_\_\_\_\_ Sharon Amann

**Potatoes** (3 pound bag each, red size B cooked w/butter and dill):

1) \_\_\_\_\_ Char Lance

2) \_\_\_\_\_ Char Lance

3) \_\_\_\_\_

### Desserts

**Toscakake** (almond cake):

\_\_\_\_\_ Happy Youngs - 6

**Risengrøt** (rice pudding):

\_\_\_\_\_ Dianne Anderson

**Rømmegrøt** (Norwegian porridge):

\_\_\_\_\_ Pat Carlson

**Vafler** (waffles): \_\_\_\_\_

**Søtsuppe** (fruit soup): \_\_\_\_\_ Jean Knaak

**Lingonberry jam** (3):

\_\_\_\_\_

### Cookies

**Krumkake:** \_\_\_\_\_ Kathy Kaluza

\_\_\_\_\_ Becky Foro

**Sandbakkels:** \_\_\_\_\_

\_\_\_\_\_

**Rosettes:** \_\_\_\_\_ JoAnn Hoganson

\_\_\_\_\_

**Spritz:** \_\_\_\_\_

\_\_\_\_\_

### Other Scandinavian Specialty Ideas

(Please specify):

\_\_\_\_\_ Kringla – LaRee Opdahl

\_\_\_\_\_ Rhubarb Sauce – Jean Knaak

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### President's Letter

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Dear Members,

I hope you are all in good health.

Our meeting on Tuesday, October 14 is going to be great knowing Leif Erickson.

November 1 is our Taste of Scandinavia. We need your help -- please and thank you.

See you soon,

Kathy Kaluza, Synnøve-Nordkap President

### 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)**

### Silent Auction 2025 at Synnove-Nordkap Taste of Scandinavia

Attention members! Please donate Scandinavian items to the Silent Auction to be held in conjunction with the Taste of Scandinavia on Saturday, November 1, 2025.



Bring your items to our regular lodge event on Tuesday, October 14. They need to be of good quality and clean. You may need to indicate an approximate value for each item.

### Help Wanted!

Help! The auction committee is looking for volunteers who can help inventory the auction items and prepare them for the auction. **Please contact Ron Stow at 612-845-0393.**

### The Votes From the Last Meeting Were Counted...

...and the Board discussed your comments and suggestions. The decision we arrived at is that we will NOT have physical Sons of Norway lodge meetings at Gustavus Lutheran Church in January or February. We may have an online movie, or we may not. If so, we will let you know.

We will be gatherings in July and August to do some group activities. One is these is to attend the next **Church Basement Ladies** play in either July or August (next summer). The catch is that we need to order our tickets soon—soon, as in signing up at our October 14<sup>th</sup> meeting. The ticket sales started on October 1, so I hope we will be able to get the number of tickets we all want to reserve. There is also the option of having a buffet lunch an hour before the play starts.

So, on October 14<sup>th</sup>, please be prepared to reserve and pay for tickets when our lodge members decide on a date to go to The Church Basement Ladies.

*(continued on next page)*



## Lodge News (continued)

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We also have one or two more ideas for group summer outings that we will present at the October 14<sup>th</sup> meeting. The Board welcomes suggestions from you also. The entire purpose of Going Dark in January and February is because weather is unpredictable and driving is more difficult in snow and ice when it gets dark so early (and we are all getting a bit older and are afraid of falling). Your votes reflected this and also indicated we all would like more time to spend having fun with one another. More time to have FUN, FOOD, AND FELLOWSHIP!!!!

Dear Synnøve-Nordkap Lodge,

Thanks so much for the scholarship that helped get me to Skogfjorden in June!



At camp, I lived in the cabin Molde with counselors Hedda, Liv and Christiane. My language group was **redstreng**, the red string group. I learned to talk about places in Norway, and ask people questions. I also tried some Norwegian foods like rice pudding, ham and oatmeal.

Other fun activities we did were: line and partner dancing (see photo), learned about the play Et Dukkehjem (A Doll's House) by Henrik Ibsen, and talked about Vikings and Sápmi, homeland of the Sámi people.

I loved going to Skogfjorden because I made new friends, sang fun songs in Norwegian and played in nature. I can't wait to go back!

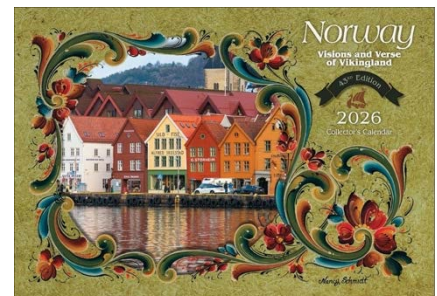
Tusen hjertelig takk- Thanks ever so much- for the camp scholarship that helped me learn more about Norwegian language, the Sámi and Vikings!

Hilsen fra  
Laurens fra Molde  
(aka K Velo)

### Order your 2026 Calendars Now (and Norway cards, too)

Order your calendars through Synnøve-Nordkap. \$14 each. Norwegian notecards are \$12 for 10 cards and envelopes. Bring cash or check to our October 14<sup>th</sup> lodge meeting, or contact Susan Stow to order: [burle103@aol.com](mailto:burle103@aol.com)

These make great Christmas gifts!



10 cards with 5 designs

## Other Local Events

Vestland Lodge 1-601  
Sons of Norway

### Torsk & Meatball Dinner

Tuesday, October 21, 2025  
Social Hour 6:00 pm / Dinner at 6:30 pm



American Legion  
290 Lake Drive E.  
Chanhassen, Minnesota



#### Speaker:

Georgette Danczyk, former member of  
Minnesota National Guard, will share her  
story of participating twice in Norex – the  
military exchange program between Norway  
and Minnesota

**Prepaid reservations only: all tickets \$25.00 - NO  
TICKET SALES AT THE DOOR**

For reservations, mail form and payment (check to:  
Vestland Lodge 1-601) to:

Mail to: Mary Critelli-Leuer, 10935 53rd Ave N,  
Plymouth, MN. 55442  
612-978-8884 / [gordelli@comcast.net](mailto:gordelli@comcast.net)

**MAIL BY Monday, October 10th PLEASE!**

### Mindekirken Historical Lutheran Church invites **Lutefisk Lovers** to the Fall Dinner

November 22, 2025  
3 seatings: 12:30, 2:30, & 4:30  
\$27

Tickets went on sale on October 1, and will sell  
out SOON. Order now so you don't miss is much  
anticipated annual event.

Call the church office to order and pay for tickets:  
612-874-0716

*Later at Vestland Lodge in Minnetonka....*

**Tuesday, November 18, 6:30pm**  
Taste of Scandinavia

Minnetonka Community Center,  
14600 Minnetonka Blvd.  
Minnetonka. MN 55345.

Crafts, food samples and silent auction event.  
Entrance fee is \$12.  
Also, enjoy music!

## Sons of Norway Book Club

The Sons of Norway book club is open to all Sons of  
Norway members in the U.S. and Canada and of any  
background or ethnicity. All you need is a love of reading and  
a desire to explore Norwegian culture and its rich literary  
history.

The Sons of Norway Book Club connects you to your  
Norwegian heritage and provides opportunities to learn about  
Norway, its history, culture and people through reading.

#### **To Join the Sons of Norway Book Club:**

Email your name, Lodge name and number to:  
[SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)

#### **October books:**

|  |  |
|--|--|
| <u>Main Selection</u><br><b><i>Accidental Shepherd</i></b><br>by Liese Greenfelder | <u>Mystery Title Selection</u><br><b><i>Frozen Assets</i></b><br>(A Sergeant Gunnhildur Novel)<br>by Quentin Bates |
|--|--|

#### **Book Club activities:**

- Monthly meetings (on Zoom) for SofN members, in both the U.S. and Canada, on the last Thursday and Saturday of each month.
- Monday Evening Author Presentations (Zoom) on the second Monday of various months.
- A newsletter for updates.
- A chance to meet and interact with Sons of Norway members from other parts of the U.S. and Canada.
- The opportunity to complete the Sons of Norway Literature Cultural Skills Medal.

## Junior Lodge Update



Saturday, September 13th Peer Gynt kicked off our year with three new dancers and a new theme: Folk Instruments, Music and Musicians of Norway. The kids learned about several instruments such as the lur, an alpine horn, torader/durspel, the buttonbox accordion, munnharpe, the mouth harp and Norway's national instrument, hardingfela, the Hardanger fiddle.

We listened to song clips that featured each of the instruments, and played a game where the kids identified which instrument was playing.

Leave it to the prudent Norwegians to create bunad patterns that do not waste any fabric.! Did you know that all of the garments are cut so that nothing is discarded? Maybe that comes from the time when all the material was hand woven. Also, it is admirable that the garment designs have built in additional material so that the bunad can be altered as a dancer grows. The "jumper" straps are longer and tucked into the back of the bodice which can be used later. Under the arms of the vest and "jumper", there is extra material too. At our first meeting of the year, there was measuring, exchanging outfits and pinning for alterations.

Our new meeting location at Unity Unitarian Church on Holly Avenue in St. Paul is a bright and cheerful room. Not too large or too small, but just right for the group. There is a parking lot directly in back of the entrance to the rehearsal space making it very convenient. Plus it is a shorter drive for most of the busy families.

We welcomed three new dancers in September - Martin, Tulla and Maren. More newbies are expected in November! Hipp, hipp, hurra!

To prepare for our roadtrip to Fargo, we taught the new dancers Ikødnet and Per Spellemann.





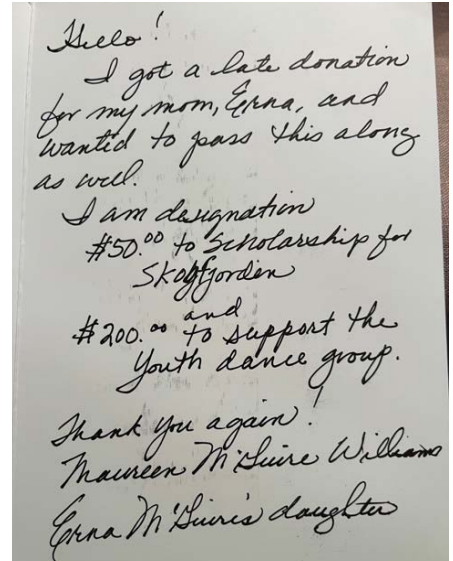
## Norwegian Language Classes

**Tuesday Class:** October 14. 5:30-6:00 p.m. at Gustavus Adolphus Church before the Lodge Meeting. We will share **Travel to Norway Hints and Phrases**.

**Wednesday Class:** October 15 & 29, 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



## Hardanger Embroidery

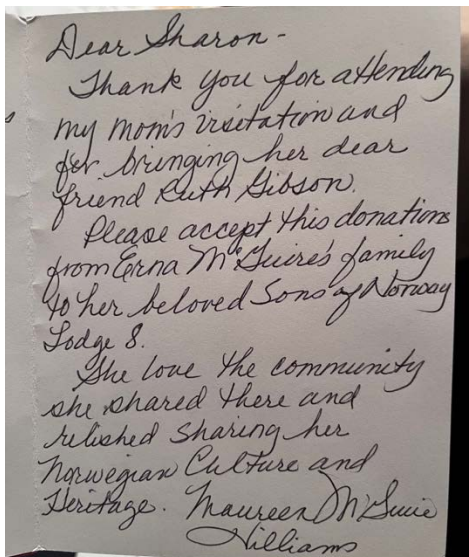
The Hardanger embroidery group will meet on Friday, October 17th at 10 at the home of our instructor, Dolores Jacobson. (161 Wedgewood Dr., Mahtomedi, MN.)

It would be a great time for new members to come and start their first project. 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 LaRee Opdahl at the next meeting.



## Sunshine News

A Memorial Service for Joanne Englund will be held on October 12, 2025, from 3:00 PM to 6:00 PM at the Shoreview Community Center, 4580 Victoria St. N. Program at 4:00 PM.

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Sympathy note that Loren Opdahl's sister, Norma Jean Day passed away October 5 in Santa Clarita, CA

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# Bulletin Board

## (continued)

### **Dr. William C. Knaak, Jr.**

**January 16, 1928 - October 2, 2025**

Former 916 Superintendent, University Professor, International Education Consultant, author, White Bear Lake Mayor, and community leader.

Bill Knaak passed peacefully on October 2, 2025 at St. Therese in Shoreview. Our immediate thoughts, concerns and prayers are with Jean Thompson Knaak, his wife of 42 years, who labored to keep him comfortably at home until just this past week.

His was a classic story in many respects of his generation. Grew up on a dairy farm in Grey Eagle, Minnesota, smack dab in the middle of the state, graduated as valedictorian from Grey Eagle High School, went to college at St. Cloud State on the GI Bill (life member of the American Legion and past commander of the UM American Legion post), taught for a few short years at Swanville and Rochester, then at White Bear Lake. Was with the Minnesota Department of Education as Assistant State Director of Vocational Education, then returned to White Bear where he became Assistant Superintendent for Business Affairs and was placed in charge of the explosive first great growth spurt and facility build-out of the district back in the 60s. He was then appointed Superintendent of the newly minted Intermediate SD 916, where he was also a builder of their very first, state-of-the-art facility. He liked to build things.

A passionate vocational educator, he pioneered competency-based, individualized instruction, beginning with the innovative system created for 916, and started a successful consulting career that took him all over the world, resulting in the publication of three books. All the while, he was the Mayor of White Bear Lake and President of the White Bear Lake Chamber of Commerce. He "retired" to teach at the University of Minnesota's Department of Education for three years and, with Jean, owned an education and training company, as well as started two successful small businesses. He never seemed to sit still. He was a lifelong, devout Lutheran who served as President of Prince of Peace Lutheran Church, sang in the church choir for 20 years, and initiated the partnership between Prince of Peace Lutheran and Bomalangombe Congregation in Tanzania over 23 years ago. Not one to ever brag, he was nevertheless immensely proud of the fact that he had managed to visit dozens of different countries in his lifetime.

A man could not have been a better father.

Bill is survived by his wife of 42 years, Jean Thompson Knaak; his children, Fritz, Marci (Carl Hornfeldt), Mark Hanson, and Jill Hanson; and his grandchildren Ben, Andrew (Amanda), Joe, Paul, and Mary Knaak; Ryan (Rebecca), Julia, and Justin Hanson; Jonathan Thompson Roe, Elizabeth Hanson Roe, and Alexandra Kleinfehn (Adam); great-grandchildren, Harlow, Bodie, Elaina, Adalyn Hanson, and Alayna Kleinfehn. He was preceded in death by his parents, William and Elenora, his sister Helen Hubinger, his former spouse Dee, mother-in-law Mabel Thompson, and beloved aunt Beulah Rohde.

Services will be held at Prince of Peace Lutheran Church in Roseville, Minnesota, on Saturday, October 18, gathering at 1:00 pm, funeral at 2:00 pm, and reception with Bill's favorite funeral food at 3:00 pm. The burial will take place at Fort Snelling National Cemetery on November 3, 2025, at 12:15 p.m.

Memorials to Sonshine Ministries, Harlingen, Texas, or LPGE Dollars for Scholars.

### **Sunshine News**

Please contact Sharon Amann if you become aware of the death or illness of members so I can send a card from the Lodge.

H/651-631-0399,  
C/ 651-706-9700.

Thanks in advance for keeping me informed.

### **For Information:**

**Kathy Kaluza**, President:  
kaluzakathy@gmail.com

**Becky Foro**, Brevet Editor:  
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   |
|--|---|--|
| Tuesday, October 14 5:30-6:00          | Norwegian Language Lesson                                     | Gustavus Adolphus Lutheran Church<br>1669 Arcade Street, St. Paul, MN 55116    |
| Tuesday, October 14 6:00-8:00pm        | Lodge Meeting   | Gustavus Adolphus Lutheran Church<br>1669 Arcade Street, St. Paul, MN 55116    |
| Wednesday, October 14 & 29, 1- 2:30 PM | Norwegian Language Lesson                                     | SunRay Library<br>2105 Wilson Ave. St. Paul, MN 55119                          |
| Monday, November 3, 6:00 PM            | Board of Directors Meeting<br>(All lodge members are welcome) | Ramsey County Library -<br>Maplewood 3025 Southlawn Dr.<br>Maplewood, MN 55109 |