



Front Page News

August Lodge Summer Event

If you didn't attend our August 12th bus trip to Giants of the Earth Museum in Spring Grove, MN, and Vesterheim in Decorah, IA. you missed out on a REALLY good time.

The bus left Gustavus Adolphus before 8AM, and we were in the middle of morning rush hour. When we were able to get out of stop-and-go traffic, breakfast casseroles and scones were served. (So, no one starved because they got up so early...) We had asked that people be responsible for their own beverages.

We need to especially thank Jean Knaak for the heads-up regarding the lunch at Giants of the Earth Museum. We were offered coffee and cookies upon arrival, and then we were able to tour the facility on our own or with the guide. At noon we were served a delightful lunch of open-faced sandwiches, and a beautiful array of other goodies. The gift shop was also a great place to find all sorts of treasures.

The Vesterheim did not disappoint either. They had our guide ready for our group, and she was very helpful and full of information. They have a new building since the last time our Lodge went there. Very impressive! They have such a talent to place lovely vignettes that capture the eye as well as the soul. There was even an early cabin set up inside. Wow! Our guide pointed out that the light in this little abode was really dim, and yet sewing and embroidery were able to be done.

This is just my opinion, but one of the best aspects of our journey was the opportunity to fellowship with one another. Even though we have meetings, much of that time is spent by sitting in rows of chairs listening to speakers, or sitting at a table and visiting with just those at that table. This trip gave us the opportunity to get better acquainted.

Check out some photos from our trip on the next two pages!

September Kick-Off Meeting

We are looking forward to getting back to our regular schedule of meetings at G.A. starting on September 8 at 6PM with our light suppers and speakers. Curtis Coats from AARP Minnesota will speak to us about fraud — and most importantly, how to avoid it! Bar-B-Qs, chips, salad, and treats will be served.

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Save the Date

Our annual fund raiser, *Taste of Scandinavia*, will be held on Saturday, October 24. We will need volunteers to bring food. Sharon Amann will have a sign-up sheet. We also need helpers for Set Up, Serving, and (the dreaded) Clean-up...We can't accomplish this without as many as are able to pitch in. My mom always said, "Many hands make light work."

President's Letter

Dear Members,

I hope you all are in good health.

Tuesday, September 8 is our first meeting back from summer break. I hope your summer was great!

We had a great bus trip to Spring Grove, MN to their fantastic museum, and then to Decorah, IA to Vesterheim, which is also a fantastic museum. Please go see them both if you can.

The September 8 meeting program is from AARP, and we will have barbecues.

On Saturday, October 24 we are having our Taste of Scandinavia. We need your help, please.

Thank you,

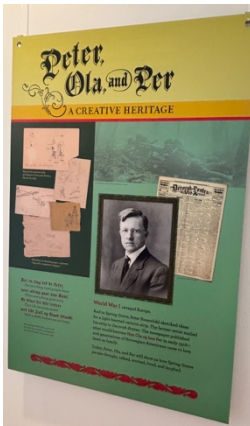
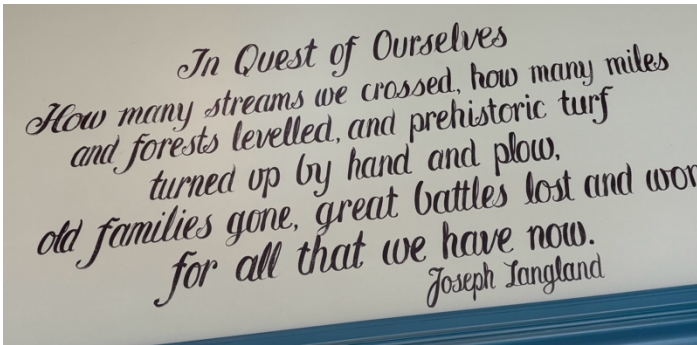
Kathy Kaluza
Synnøve-Nordkap President

Silent Auction

Attention lodge members! It's time to search your spaces for items to donate to the annual lodge Silent Auction. Items must be clean and in good condition. Scandinavian items are preferred. Please bring your donations to the lodge meeting in October.



**DONATE
AUCTION
ITEMS**



Lodge News (continued)



Recipe Box

Brunost Chunk Cookies

Note: amounts have not been converted from the metric measurements of the original Norwegian recipe. You'll need to do your own conversions, or use a kitchen scale for this one!

Makes 20

Time to make: 40 min

Ingredients

1 egg

1 egg yolk

2 1/4 cups (270 grams) flour

1 tsp baking powder

1/2 tsp. salt

3/4 cup (170 grams) butter

1/2 cup (100 grams) brown sugar

3/4 cup (150 g) white sugar

2 tsp. vanilla extract

150 g TINE Gudbrandsdalen brown cheese (cut into chocolate-chip-sized chunks)

How to make:

Mix the salt, flour and baking powder in a bowl. Melt the butter in a saucepan. Add both quantities of sugar and stir until any lumps are dissolved. Stir in the egg, egg yolk and vanilla extract. Pour this mixture over the dry ingredients and stir until you have a smooth dough. Stir in the brunost chunks. Chill dough in refrigerator for half an hour to an hour.

Divide the dough into 20 equal pieces. Roll each one into a ball and flatten slightly. They will spread somewhat during cooking, so be sure to leave space between them.

Bake at 165°C / 325°F for about 15-20 minutes.



Image credit: tine.no

Recipe directly from:

<https://www.tinebrunost.com/recipes/cookies-with-chunks-of-brunost>

Sons of Norway Book Club

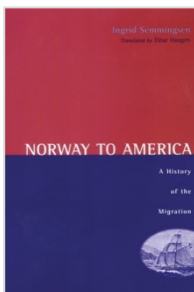
August books:

Main Selection

Norway to America: A History of the Migration — by Ingrid Semmingsen

Traces the movement of both groups and individuals from Norway to the American Midwest and Pacific coast states.

This book tells the story of the migration as it affected both countries and investigates the reasons for "American Fever." The story ends with a discussion of the ways in which Norwegian-Americans retain their ties to Norway. The book was first published in Norway as *Drøm og Dad* (Dream and Deed), in observance of the 150th anniversary of the departure of the first emigrant ship for America. This is an excellent way to celebrate one of the strongest ethnic heritages in America.

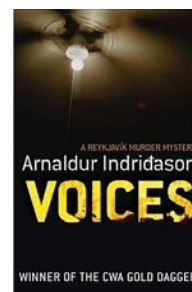


Mystery Selection

Voices — by Arnaldur Indridason

The Christmas rush is at its peak in a grand Reykjavik hotel when Inspector Erlendur Sveinsson is called in to investigate a murder. The hotel Santa has been stabbed, and Erlendur and his detective colleagues have no shortage of suspects between hotel staff and the international travelers staying for the holidays.

But then a shocking secret surfaces. As Christmas Day approaches, Erlendur must deal with his difficult daughter, pursue a possible romantic interest, and untangle a long-buried web of malice and greed to find the murderer.



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



HM King Harald V 1937 – 2026

Photo credit: Kimm Saatvedt, The Royal Court



King Harald V — In Memoriam

Sons of Norway lodges and members join the Norwegian-North American community and the people of Norway in mourning the passing of His Majesty King Harald V.

On August 28th at 6:35 a.m. King Harald V passed away at Oslo University Hospital Rikshospitalet after being hospitalized for a rare blood illness. Harald V served as Norway's king for 35 years and passed away just two days before his 58th wedding anniversary with Queen Sonja.

Like his father and grandfather, King Harald adopted the motto "Alt for Norge" – Everything for Norway. He became a king of the people known for his compassion and sense of humor. He was often called "all of Norway's grandfather" – hele Norges bestefar.

Over the weekend, citizens gathered outside the palace on Slottsplassen (the palace plaza), [laying an abundance of flowers, flags, and artwork in tribute](#) to their beloved King.

Sunday, the Church of Norway invited people to attend memorial services all over Norway in the king's memory. His Majesty King Haakon, Her Royal Highness Crown Princess Ingrid Alexandra, Queen Sonja and

Prince Sverre Magnus attended the memorial service in Asker kirke (church). The service began with the psalm [Jeg er i Herrens hender](#), (I am in the Hands of the Lord) and closed with [Kongesangen](#) (The Royal Anthem of Norway).

On Monday, King Haakon, Crown Princess Ingrid Alexandra, Prince Sverre Magnus and other royal family members carried the late King Harald's coffin from Den røde salong (the red drawing room) to Slottskapellet – the chapel within the Royal Palace in Oslo, and were followed by dignitaries and palace staff. The King's coffin will be available for viewing from Tuesday September 1 until one day before the burial ceremony.

King Harald will be laid to rest on September 9th in the Royal Mausoleum at Akershus Fortress, beside his parents and grandparents. His sarcophagus was designed by renowned architectural firm Snøhetta.

Celebrating 41 years of Peer Gynt!

This year's theme: A Taste of Norway

Our topic for this year was suggested by current members. Over the course of the school year, members can earn a Cultural Skills Pin in Norwegian foods!

Bring a friend or even two—we'd like to recruit a few new members as we kick off our year. Returning members, please bring your bunads to try on! (Try on your costume shoes at home, to see if they still fit.) We will be learning a new dance and trying our hand at a Norwegian classic, *vafler* (heart-shaped waffles). Get to know how Norwegians enjoy eating these tasty treats!

Rehearsals begin Saturday, September 12, 1 – 2:30. All practices will be at Unity Church – Unitarian, 733 Portland Avenue, Saint Paul, MN, 55104. Enter from the parking lot off Holly Avenue and take the elevator to the 2nd floor. Go right and the Foote Room is at the end of the hall.



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

Tuesday Class: September 8, 5:30-6:00 p.m.
at Gustavus Adolphus Church before Lodge
Meeting. "Norway Today"

Wednesday Class: September 9 & 23,
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
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

Hardanger Embroidery

The Hardanger group's first meeting of this fall will be Friday,
September 25th at 10:00am 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 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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Sons of Norway HQ:
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SynNor Brevet
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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
Tuesday, September 8, 5:30-6:00	Norwegian Language Lesson	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Tuesday, September 8, 6:00-8:00pm	Lodge Meeting	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Wednesday, September 9 & 23, 1:00- 3:00 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Tuesday, October 6, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109