



Front Page News



October Lodge Meeting Is Heritage Night!

The October Meeting is Heritage Night. **Please bring your treasured item and tell the story.** It can be from Norway, a family heirloom, or anything special that is about your Norwegian Heritage. We will use a couple of tables to display the items and speak about them during the program.

Our "Light Supper" on October 13th will be Hawaiian Chili, French Bread, and pickles. Yummy treats will be served while all we are participating with the Business Meeting.

Looking ahead: The November meeting speaker is Joe Grodahl, CEO of Giants of the Earth in Spring Grove. Many of you raved about him and about being hosted while you visited Giants of the Earth.

TASTE OF SCANDINAVIA



We definitely need to fill in the empty spaces of selected items for our Taste of Scandinavia that is coming up on Saturday, October 24. The sign-up sheets are further on in this issue and will also be at our meeting on October 13th. It would be much appreciated if you could call/text/email Sharon Amann ASAP to volunteer items that you can contribute to the wonderful event. (email: slamann@comcast.net, 651-706-9700). That would help our Taste Committee immensely as we are putting together the final touches. We need volunteers to help set up, serve, and **the dreaded clean up** after the event. The Bake Sale needs tasty delights for purchase, and the Silent Auction and Bestafor's Attic need items as well.

Again, the success of the annual event depends upon the combined efforts of all to bring this to fruition.

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 on October 13.



**DONATE
AUCTION
ITEMS**

President's Letter

Dear Members,

I hope all of you are in good health.

Tuesday, October 13 is our meeting. It's going to be a fun one, please come!

Saturday, October 24 is our Tast of Scandinavia. Please come and enjoy great Scandinavian food.

We need your help and food for the Taste of Scandinavia. Please call Sharon to sign up. Thank you.

If you have anything to donate to the silent auction, please bring it to the meeting on Tuesday. Thank you.

See you all on Oct. 13 and Oct. 12!

Kathy Kaluza
Synnøve-Nordkap President

UPCOMING LOCAL EVENTS

October 20, 2026, Vestland (Minnetonka)
Lodge's Torsk & Meatball dinner. 6:30 PM, \$28, Advanced Sale Tickets. **Deadline is Wednesday, October 7.** Call Mary Cretelli-Leuer 612-978-8884. American Legion Post, 290 Lake Dr. E, Chanhassen, MN

November 17, 2026, Vestland (Minnetonka)
Lodge's Taste of Scandinavia, Minnetonka Community Center. (more details to come)

November 21, 2026, Mindekirken Lutefisk Dinner, 3 seatings: 12:30, 2:30, 4:30.
\$28 Advanced Sale Tickets are available at mindekirken.org or call the church at 612-874-0715 & press #8

Hei!

My name is Emma Kuether and I want to thank Synnøve-Nordkap very much for the generous Skogfjorden scholarship. With your help I was able to attend a two week camp in June and I had the BEST time. This was my first time ever at overnight camp and I loved it. I learned more Norwegian, I learned new songs, and I made new friends. My mom is from Trondheim and I even got to stay in the Trondheim cabin!

Thank you again for helping me go to camp. I can't wait to go back to Skogfjorden again next summer!

Emma



Food Sign-up for "A Taste of Scandinavia" Saturday, October 24, 2026

Smørbrød (Open-faced sandwich)

Deli bread (cocktail rye, 35 slices per loaf):

4 loaves Connie Chrissis

* PREPARED & READY TO ASSEMBLE

*Thinly sliced ham (1 pound): Sheryl Hove

*Hard boiled eggs (2 dz. Peeled & sliced):

1) Susan Stow

*English cucumbers (3 pack) _____

*Roma tomatoes (6) _____

*Radishes (2 bunches)(trimmed & sliced)

*Parsley (2 bunches): _____

*Butter Lettuce (washed, in 2 " pieces

*Jarlsberg (sliced) _____

Kjøttboller (meatballs):

Meatballs **Synnove-Nordkap Lodge (300)**

Gravy Sharon Amann

Smoked Salmon: Sandra Bestland

Sild (Herring):

2 lbs (32 oz) _____

2 lbs (32 oz) _____

Cheese and Crispbread:

Bondøst 2 lbs: _____

Gjestost 3 (12 oz): _____

Crispbread, Thin: _____

Lefse (40 rounds)*:

1) Gary Legwold*

*Butter and sugar will be on tables

Vegetables

Rødkal (red cabbage):

1) Susan Stow

Syltede Rødbeder (pickled beets 1 qt):

Sharon Amann

Beet Salad

Sharon Amann

Vegetables (continued)

Sweet/sour English cucumbers:

1) Happy & Randy Youngs

Rutabagas/Carrots:

Sharon Amann

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

1) Becky Foro

2) Becky Foro

Desserts

Toscakake (almond cake): Happy Youngs - 9

Risengrøt (rice pudding): Dianne Anderson

Rømmegrøt (Norwegian porridge):

Pat Carlson

Vafler (waffles): Jean Knaak (Batter)

Sour Cream: _____

Cool Whip: _____

Lingonberry jam (3): _____

Søtsuppe (fruit soup): _____

Cookies

Krumkake: Kathy Kaluza

Sandbakkels: Happy & Randy Youngs

Rosettes: JoAnn Hoganson

Spritz: Susan Stow

Other Scandinavian Specialty Ideas

(Please specify):

Kringla – LaRee Opdahl

Rhubarb Cresm – Jean Knaak

Butter

8 sticks (2lbs each):

1) Leslie Inger

2) Taffy Storck

Sons of Norway Book Club

October books:

Main Selection

Return to the Future: An Escape to Freedom
by Sigrid Undset

Return to the Future recounts Sigrid Undset's dramatic exodus from her homeland during World War II. In 1940, the Nazi forces invade and occupy Norway, shattering the calm of the nation's neutrality. With the western passage shut off, Undset escapes to the east—through anxious but helpful Sweden; on to Russia, dirty, disease-ridden, dysfunctional; then the natural beauty and cultural enigma of Japan, from where Undset and her son will depart by ship for a new future in the United States. Undset concludes with a measured reflection on the future of democracy and the possibility of a return to a virtuous and ordered society. A deeply personal work, Return to the Future combines trenchant social and political commentary with a powerfully moving account of the tragedies of World War II and the accompanying triumphs of the human spirit.



Mystery Selection

We Shall Inherit the Wind
by Gunnar Staalesen

1998. Varg Veum sits by the hospital bedside of his long-term girlfriend Karin, whose life-threatening injuries provide a deeply painful reminder of the mistakes he's made.



Investigating the seemingly innocent disappearance of a wind-farm inspector, Varg Veum is thrust into one of the most challenging cases of his career, riddled with conflicts, environmental terrorism, religious fanaticism, unsolved mysteries and dubious business ethics. Then, in one of the most heart-stopping scenes in crime fiction, the first body appears...

A chilling, timeless story of love, revenge and desire, We Shall Inherit the Wind deftly weaves contemporary issues with a stunning plot that will leave you gripped to the final page. This is Staalesen at his most thrilling, thought-provoking best.

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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

Norwegian Culture and News

Spectacular Shipwreck

Thanks to a watch designer using his remotely operated vehicle, archeologists have uncovered a shipwreck off the southern coast of Norway unlike any other found in Northern Europe. Espen Saastad initially discovered the site nearly 2,000 feet down in the Skagerrak Strait using his survey company equipment. Archeologists would later discover the wreck was remarkably well preserved, possibly the one of the best preserved they have ever encountered.

While not all the contents of the site have been identified yet, so far, they have found large stacks of porcelain dishes, along with chandeliers, goblets, and barrels of grain. They believe the untouched crates may contain things

such as textiles, and organics which may include tea, herbs, and medicines. The luxury items may have originated from 18th century maritime trade in England or Germany, as evidenced in a stamped brick found in the wreckage that came from a brickwork company in Germany that operated from the 1400s until 1772. While a total value on the find has not yet been made, researchers are excited for continued discoveries within the wreck and anticipate that the items can eventually all be displayed at the Maritime Museum in Oslo.



Photo credit: Espen Saastad

Trondheim's Nidaros Cathedral

by Don Halvorson

*Originally published by Synnøve-Nordkap Lodge in the December 2018 SynNor Brevet.
Printed with the permission of Synnøve-Nordkap and the family of Don Halvorson.*

Every year 400,000 tourists arrive from all over the world to visit this popular site in Trondheim. It is the largest church in Scandinavia, and the northernmost cathedral in Europe. It is also Europe's most popular pilgrim destination, and the site where Norwegian coronations and royal blessings take place. Built over the martyred remains of St. Olav it stands on the site of several churches built before it.

Probably the first thing you'll see is the steel-structured green copper steeple. The cathedral walls are built mainly from soapstone. The architectural style is a combination of Romanesque-Norman and Gothic. Beginning at the west front, a wall that is covered nearly top to bottom with statues of prophets and saints. A number of sculptors were commissioned between 1905 and 1983, to complete the largest art project in Norway's history.

At the North Transept, the most used entrance and the oldest part of the church, the exterior Romanesque round-headed windows are a dominant feature. Ornamentation on the north porch entrance is done in the Norman style. Gardens in front of the north entrance are covered with old moss-covered tombs and monuments.

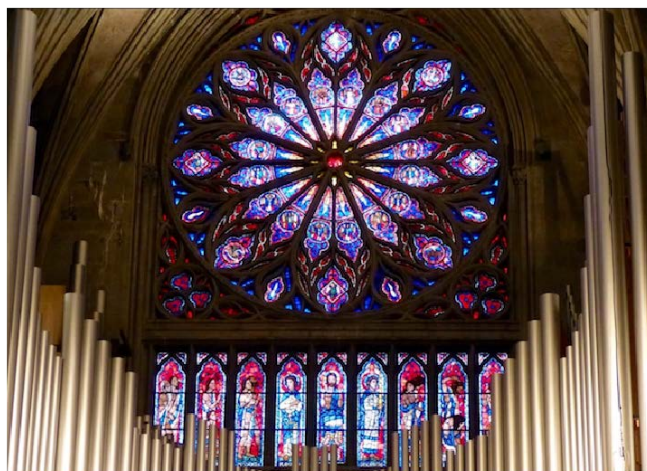
The east end, with its eight-sided Octagon, is built in the Gothic style and dates from the 1180's. Above the east facing windows is a statue of St. Olav, sculpted by Gustav Vigeland in 1906. Above the sculpture is the coat of arms of the 16th Century Archbishop, Erik Valkendorf, who was responsible for a major restoration of the church during his reign. On the south side of the Octagon wall is a richly ornamented door that leads inside the church. This is called the Bishop's Door. On either side of the door are the remains of kissing-crosses. Above the door also is another coat of arms of Archbishop Vakendorf.



The entry on the south wall, the Archbishop's Entrance, is the most detailed entrance in the church. Built from 1220-1230, it has three levels of ornamentation depicting the story of Adam and Eve. Between the doors is a relief of Madonna-and-Christ by Stinius Fredriksen around 1931.

The high Gothic arches in the interior of the church are supported by 100 huge pillars. Multiple rows of chairs provide much of the seating. Near the top of the center arch appears a large statue of Jesus Christ. A relief on the baptismal font pictures Jesus being baptized by Saint John. The ornate High Alter, dated from 1882, was a gift from Oscar II of Sweden who was crowned there. The alter artwork, inspired by Saint Olaf's medieval shrine, recounts the Battle of Stiklestad and his resulting sainthood. In 1930, the church received a Russian Icon from Norwegian businessman, R. Zeiner Henriksen. Named The Savior of the Wet Beard, his eyes appear to follow any viewer that passes by him.

The cathedral's stained glass windows were designed and created by a Trondheim engineer and artist, Gabriel Kielland. In collaboration with a theologian and church historian, Oluf Kolstad, the project was completed between 1908 and 1934. The windows on the north wall depict scenes from the Old Testament, and on the south, scenes from the New Testament. The most accomplished stained glass window is the large Rose Window on the west wall. The theme of the window is the Day of Judgement. When lit by the setting sun, it illuminates most of the church's interior. Two organs in the vaults of the church provide the music experience. The oldest, the Wagner baroque organ, dated 1738-40 is often used for playing the music of Bach. The main organ, the Stienmeyer, was commissioned in 1930 on the 900th anniversary of the Battle of Stiklestad.



*Nidaros Cathedral and the Archbishop's Palace Nidaros Cathedral Restoration
Workshop Publishers, Trondheim 1998
The Nidaros Cathedral in Trondheim, Norway*

Fall Kick-Off with Waffles

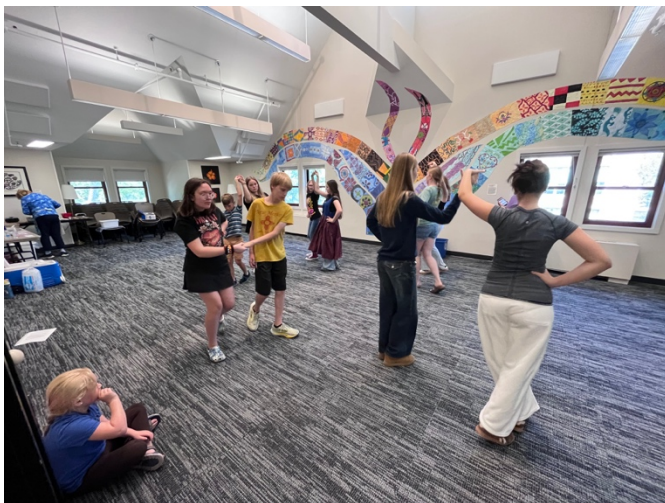
By Jana Velo

In September, the Peer Gynt Dancers welcomed a few new dancers to the group. We kicked things off by talking about our theme for the school year: Norwegian foods. Each student introduced themselves and mentioned a food that they like to eat. Everyone got fitted for bunads, as the kids all seemed to have grown several inches over the summer. We also learned a new dance called Korsdans fra Valdres. Each student also got to try their hand at making a Norwegian classic, *vafler* (heart-shaped waffles) and got to know how Norwegians enjoy eating these tasty treats!

For our October meeting, we will practice some classic Peer Gynt dances to prepare for our November performance at Boutwell's auditorium in Stillwater, MN, and review the new dance we began learning in September.

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We'd like to invite senior lodge members to attend our **November 21st** performance at Boutwells Landing auditorium in Stillwater. We are performing from **2:00 to 2:45 pm**. The auditorium is located at The Gables Care Center at 13575 58th St N, Oak Park Heights, MN 55082. It is located behind Walmart, just off Highway 36.

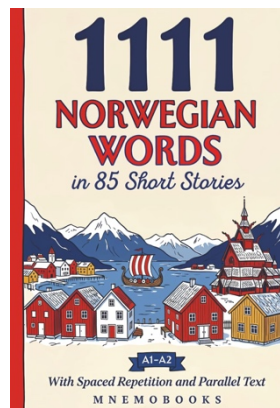


Bulletin Board

Norwegian Language Classes

Tuesday Class: October 13, 5:30-6:00 p.m. at Gustavus Adolphus Church before Lodge Meeting. "Norway Today" facilitated by Sheryl Hove

Wednesday Class: October 14 & 28, 1:00-3:00 p.m. at SunRay Library, 2105 Wilson Ave., St. Paul, MN 55119. "1111 NORWEGIAN WORDS" facilitated by Audrey Waage



To join the class, contact:

Sheryl Hove, sherylhove12@gmail.com
651-738-4908 and 651-468-8913

NEW WEDNESDAY CLASS TEXTBOOK (provided)!
"1111 NORWEGIAN WORDS in 85 Short Stories"

- With Spaced Repetition and Parallel Text
- First Chapter: "Everyday Life" ("Hverdagsliv")
- First Story: "Jan's Morning" ("Jans Morgen")
- Right page: English. Left page: Norwegian.
- New words are Bold and all 1,111 words are included at the end of the book in the Vocabulary Index in the Appendix, with Pronunciation Guide, Numbers and Grammar.

Sunshine News

A sympathy card was sent to LaRee Opdahl after the death of her husband Loren on September 30. Loren was also a member of our lodge.

A Celebration of Life for Loren Opdahl will be held Friday, October 30, at Woodbury Lutheran Church (7380 Afton Road, Woodbury) at 11:00am, with visitation at 10:00am.

For Directory Updates:

Please contact Connie Chrissis at 651-276-7226 or cjchrissis@comcast.net

Hardanger Embroidery

The Hardanger group's next meeting will be on Friday, October 23rd 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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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, 2024, 2025

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<https://www.facebook.com/SynnoveNordkap/>

Date	Event	Location
Tuesday, October 13, 5:30-6:00	Norwegian Language Lesson	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Tuesday, October 13, 6:00-8:00pm	Lodge Meeting	Gustavus Adolphus Lutheran Church 1669 Arcade Street, St. Paul, MN 55116
Wednesday, October 14 & 28, 1:00- 3:00 PM	Norwegian Language Lesson	SunRay Library 2105 Wilson Ave. St. Paul, MN 55119
Monday, November 2, 6:00 PM	Board of Directors Meeting (All lodge members are welcome)	Ramsey County Library - Maplewood 3025 Southlawn Dr. Maplewood, MN 55109