



5-689

Shawnee Skogen Tidskrift



March 17, 2019 — The Baltic's

Special points of interest:

- Dec. 31, 2018—33 members

It has "HAPPENED!"

Continue to :

Recruit, Recruit, Recruit

If everyone could sign up one more active member, we would be set to have our lodge instituted. Please see Bill / Wendy for Business Cards to leave around Southern Illinois!

Hedman Vineyards was again our host for our St. Patrick's Day meeting March 17th.

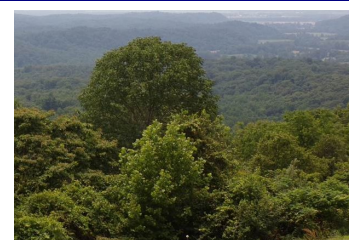
Strawberry shortcake was enjoyed by all during the meeting and Don Gulbrandsen won the Heads and Tails toss.

Membership recruitment awards were given out from SON Intl to members who have

recruited new members.

Randy Moe gave us a presentation on the Baltic countries: Estonia, Latvia, and Lithuania. It was a very educational discussion for many of us. If you missed it, you missed a good program.

Make sure you are at our **April 14th** meeting being held at



The Shawnee Forest

Epiphany Lutheran in Carbondale. We are having a guest speaker from SIU. It will be a fun time!

Phrase of the Month

Happy Easter. God påske

Happy Spring. God vår



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June, July, & August 2019?

The lodge members agreed unanimously to continue our meetings this summer. The gatherings (I will call them) will be a bit more relaxed with fun things to do together as a group. So, start giving Bill, Bonnie, or Wendy suggestions as to things to do, i.e., play, concert, trip to STL, Scandinavian gathering or town, etc. (billb763@msn.com, bonniejuul@gmail.com, wendyathadeland@yahoo.com)

Påskekrim

from Ingebretsen's Blog

In Norway, Easter (Påske) is celebrated with a tradition known as Påskekrim or Easter-Crime. For some reason, Easter is a high time for reading crime stories and detective novels in Norway, where many say Easter and the crime genre work well together.

In February 1923, two Norwegians, Nordahl Grieg and Nils Lie, wrote a crime novel about the looting of a train to Bergen. The book was called *The Bergen train was robbed in the night* (or, in its original Norwegian: *Bergenstoget plyndret i natt*).

Their next step was to get people to buy the book. They came up with a brilliant plan and one that may have been the origin of fake news, 15 years before Orwell's "War of the Worlds" fake news radio broadcast. They advertised in the nation newspaper *Aftenposten* by putting the title of the book on the front page. They convinced thousands of readers that the headline was news as opposed to a publicity stunt. It became the most popular Easter book in Norwegian history and is considered the start to Påskekrim.

In 1923 Easter fell on the 1st of April so in the book the police initially believed the robbery was an April Fool's prank and took their time responding. This allowed the criminals to make their exit skiing across the mountains undetected.

The authors of *The Bergen train* knew Easter was a time when Norwegians took the opportunity to head off to mountain cabins for relaxation (now referred to as "hytte"), settle down by the fire, and not think about work. And what better way to get their minds off of work than a crime novel.



These days, a Påskekrim novel is a traditional part of any Easter trip to the country, along with an orange, and a Kvikklunsj (a chocolate bar similar to the Kit-Kat). The tradition of a Kvikklunsj bar is so strongly associated with Påskekrim that a crime novel was written that had a cover so similar to the candy bar's wrapping that the publisher was sued.

Oslo Ranked 2nd Healthiest City

Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10. While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free, and adding more pedestrian and bike friendly areas. Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit spotahome.com/healthiest-cities-world.

Lodge Programs for 2019



January 20	2019	Bonnie Juul	Norwegian Language (was cancelled due to weather)
February 17	2019	Ron Naversen	Julebukking & Related Scandinavian Masking traditions
March 17	2019	Randy Moe	The Baltic's
April 14	2019	Loki & Thor	Carola Daffner
May 19	2019	Potluck at Local Park	Syttende Mai Picnic & Parade
June	2019		
July	2019		
August	2019		
September 22	2019	Wendy Winkelman	Hopefully, Institution of Lodge
October 20	2019	Marion Mitchell	Traditional Bentwood Boxes (asking and hoping)
November 17	2019	Bill Bultinck	Lefse Making
December 8	2019	Open	Tentative Julebörd

Suggestions Please ?

Spring is Here!

Are you ready to SPRING into action? With spring just around the corner, get busy with the Sports Medal program. Embrace nature like a Nordic, as you get active outdoors walking, hiking, biking and more. This is a fun way to work toward a goal and earn recognition medals. Learn more from the lodge sports director or log in at sofn.com and go to Member Resources.

Please keep up the great success of 2018 and work together in 2019 to help grow our Sons of Norway family.

Happy Birthday to our Members ! "Gratulerer med dagen"



Jeffery Jorgen Skjeveland	4	22
Wendy Kay Winkelman	4	27

Erica Marie Strahm	4	26	Heritage Member
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Does Your Family Come First?

Did you know... 8 in 10 Americans say family is most important to them, yet only half have life insurance? Be sure your family has the protection they need. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.



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(Continued from Page 2) Påskekrim

Each year a milk company, Tine, joins in the spirit of Påskekrim by printing crime-related cartoon strips on the side of their milk cartons.

In addition, Norwegians like to create their own Påskekrim videos and post them on YouTube.

If you want to celebrate Påskekrim, some popular Scandinavian crime writers include:

- Stieg Larsson (of "The Girl with the Dragon Tattoo" fame)
- Jo Nesbo
- Anne Holt
- Jørn Lier Horst
- Alexander Söderberg
- Anders de la Motte



God Påske!

(Continued from Page 5) Tiny Almond Pies

- and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 400° F. Grease sandkake (small fluted pie) tins.
- Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins.
 - For the filling, combine almonds with powdered sugar and egg whites. Place about 1 ½ teaspoons of filling in each form.
 - Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust.
- Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes.

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We're on Facebook
<http://facebook/southillinois/>



To JOIN, go to www.sofn.com

Tiny Almond Pies

from *The Norwegian Kitchen*

Top off your Easter supper with this tasty dessert, laced with delicate almond flavor.

Ingredients

For the dough: Scant 2/3 cup unsalted butter 1 cup flour, sifted 1 egg yolk 3 ½ Tbsp. cold water
1 Tbsp. cognac

For the filling: 1 ¼ cups ground almonds 1 cup sifted confectioner's sugar 3 egg whites, lightly beaten

- Divide the butter into three pieces of equal size. Crumble one piece into the flour.
- Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature. Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over 2/3 of the dough.
- Fold over the plain section, then fold over the other section with butter, like a business letter. This forms a rectangle with three layers of dough and two of butter. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes.
- Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again