

Shawnee Skogen 5-689



Hilsen fra Presidenten Bonnie Juul

Special points of interest:

- Dec. 3, 2019—50 members!

PLEASE Continue to :

Recruit, Recruit, Recruit

Please see Wendy for Business Cards to leave around Southern Illinois!

Let us continue to recruit!

NEXT MTG:

April 19,
Zoom Online
2 pm

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Kjaere Venner,

These are challenging times right now, but I'm gratified in knowing that our members are taking all the precautions recommended by the government regarding COVID-19. There was a unanimous vote by the International Board of Directors to cancel the 2020 conventions/meetings. President Ron Stubbings has instructed Sons of Norway Officers, Directors and Delegates to continue in service and support our cohesiveness as a fraternal group and to connect in other ways.

Fortunately, we are a group that is proactive and adaptable. There was a successful trial meeting this past Wednesday using Zoom. If you were not able to

make the meeting, Zoom is an internet platform that is used to host meetings with individuals from anywhere that has an internet connection. Since we have a growing number of members who live outside of the area, I am hoping that this will help us connect more in the future. This also means that we will be able to have a meeting this month! Wendy will provide more instruction on how to get the link.

I encourage you to connect with each other. Some people have started having get-togethers using Zoom. It could become an easier way to nurture our interests in different things related to Sons of Norway, like learning the language.



This is also a good time to work on the Cultural Skills program. Just go to www.sonsofnorway.com. You can download any of the Cultural Skills units from the "Members Login" section. If you have trouble with finding anything, you can email cultural-skills@sofn.com. Topics include Cooking, Norwegian and Norwegian-American authors, Collecting stamps,

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Happy Birthday to our Members ! "Gratulerer med dagen"



Jeffery Jorgen Skjeveland	4	22
Erica Marie Strahm	4	26
Wendy Kay Winkelman	4	27

Treasurer's Report

	Item	Date		Subtotal
				\$2,931.73
Mar-20	SON Intl	Mar. 2020	Membership dues	\$60.00
Feb-20	SON Intl	2/10/2020	Pins	-\$18.00
	So. Bank	Feb. 2020	Bank Check Supplies	-\$131.27



Sunshine Wishes

Please contact our Counselor, Bill Bultinck, if you or another lodge member are ill or hospitalized. We will send our member a card and report on how they are doing at our meetings.

Bill, 480-352-6728 or billb763@msn.com



2020 Shawnee Skogen Goals

- 1) Obtain 10 new members in 2020
- 2) Work on Cultural Skills together as a lodge and obtain pins
- 3) Be in a parade or local event
- 4) Invite Financial Benefits Counselor to one meeting (this is happening in Oct. 2020)

All members need to help work on these 2020 goals

March 15, 2020 Lodge Meeting Minutes

Due to the Coronavirus, our lodge meeting was cancelled for March.

March 22, 2020 Board Meeting Minutes

Board Meeting via Zoom on March 22, 2020 at 1:30PM

Present: Wendy Winkelman, Nancy Schick, Kelly Bliss, Bill Bultinck, and Don Gulbrandsen

TREASURER'S REPORT. Emailed out.

AGENDA ITEMS:

Electronic meetings: Don's family has used this, for the first time yesterday. We can have a meeting of up to 100 participants, for up to 40 minutes, on Zoom. Over 40 min. is \$14.99 mo.

Don can present at the April meeting, which we think will be 40 minutes maximum.

May picnic: shelter is closed due to closing of all Illinois state parks because of COVID-19. We could move the meeting elsewhere and hold outside.

Lodge banner (fana) is finished. State of Illinois; Lodge name & number on a Norwegian flag background. Reverse has a list of names of the charter members. Many thanks to Wendy for doing this!

COMMUNITY SERVICE:

Lodge of the Year form. Everyone fills out regarding what they have done for the lodge. Some possible tasks: cleaning up a cemetery; painting a house, food drive in Carbondale area for a given food kitchen or food bank.

Annabelle Festival. Anna, IL. In June. If they have it, it's 2 days. (6/13-14. \$30 w/o electricity, brochures). Could do lefse or other food & sell that. Wendy and Bill will check out this community possibility.

Adjourned at 1:59PM





Southern Illinois

Lodge Programs for 2020

Programs need to be set up for our meetings in 2020. Please send your ideas to the Program Committee, Bill Bultinck, Ron Naversen and Kitty Juul.

January 19	2020	Bonnie Juul	Norwegian Language
February 9	2020	Mike Charman	My Norwegian Story—Come listen to member Mike C talk about his life in Norway, England, and working on a Norwegian Cruise ship!
March 15	2020		Meeting Cancelled
April 19	2020	Don Gulbrandsen	My Grandmother's 1938 Tribute to Norway
May 17	2020	Kelly/Wendy/Colby	Syttende Mai Picnic (Giant City State Park) (Norsk Bingo)
June	2020		Suggestions?
July	2020		Suggestions?
August	2020		No meeting
September 20	2020	Mark ?	Asatru
October 18	2020	Greg Ragan	Financial Health
November 15	2020		Lefse Making
December 6	2020	Bill/Wendy	3rd Annual Julebörd



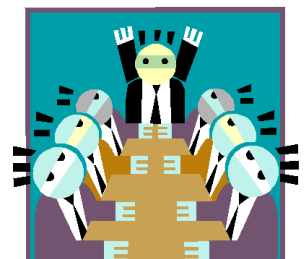
**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

2020 Officers

President:	Bonnie Juul	bonniejuul@gmail.com
Vice President:	Wendy Winkelman	wendyathadeland@yahoo.com
Secretary:	Nancy Schick	nancyrschick@gmail.com
Asst. Secy:	Wendy Winkelman	
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
Cultural Dir.:	Don Gulbrandsen	gulbrandsend41@gmail.com
Publicity Dir.:	Kelly Bliss	
Editor:	Wendy Winkelman	
Counselor:	Bill Bultinck	billb763@msn.com
Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Colby Bowman	90sherwood@gmail.com
Program Committee:	Bill B., Kitty J, Ron N.	



Norwegian American Newspaper

A journalist contacted Bonnie and Wendy on March 26, 2020 about doing an article on Shawnee Skogen. Bonnie answered the journalist and several photos were submitted. We will have to see if we get “published” in this wonderful newspaper! This is the only remaining Norwegian newspaper in the USA.

“My name is Victoria Hofmo and I am a journalist with the Norwegian American newspaper. I am writing about the opening of your new lodge Shawnee Skogen Lodge. Sherry from the SON gave me both of your contact addresses.

I am hoping that you could answer the following questions for me. If you’d like to divide them up, that is fine. If you could just mark the name of the person responding, I would appreciate it.

I will also need a few high resolution photos of the lodge, if you would be kind enough to send these to me.

Thanks,
Victoria Hofmo

How did your lodge come about?
Where is it located?
How far from you is the nearest SON?
How is it going so far?
What is the focus of your lodge?
What makes your lodge unique?
Can you speak about future plans for the lodge?

When so many lodges are struggling to continue, it is wonderful to see a new one open. What do you attribute that to?

**For more info or to subscribe to the Norwegian American, go to:
Norwegianamerican.com**

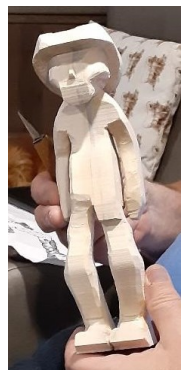


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Genealogy, Hand Knitting, Norwegian Language and Culture, Chip Carving and more.

Stay safe and I look forward to seeing you on Zoom!

President Bonnie



New and Improved Website

We recently upgraded our website to provide you with a library of educational resources to help you prepare for retirement, and if currently retired, maintain a successful and rewarding lifetime of financial independence. We believe the more knowledge that you have regarding finances, the more confident you'll be when making key financial decisions.



Please visit my new website: www.raganfinancialgroup.com

You'll find a library of educational resources such as videos, consumer guides, and articles.

Greg Ragan

Financial Benefits Counselor, Sons of Norway

1-815-623-8817 (Office) 1-815-988-5975 (Cell)

www.raganfinancialgroup.com or gragan51@gmail.com or www.sofn.com

Perhaps, we should have a lefse toss at Syttende Mai Picnic (if we have one). Looks like fun—tossing the lefse onto the grill!



Sons of Norway Names Christopher Pinkerton CEO

FOR IMMEDIATE RELEASE

Contact:

Katie Welch Len

612-720-9374

katiep@newsworthycom
munications.com

MINNEAPOLIS
(March 9, 2020) –

The International Board of the Sons of Norway is pleased to announce Christopher Pinkerton has been named CEO of the organization. The board has evaluated the leadership needs for the growth of the organization and combined the current role of the CEO and the COO into one position, which will report directly to the International Board.

Since 2018, Pinkerton served as COO of Sons of Norway, an insurance organization which holds more than \$365 million in assets in 38 states. During the past two years, Pinkerton developed new insurance and annuity products that increased certificate sales growth 195%. He is also credited with growing the agent force from 50 representatives to 473 in two years without increasing the marginal cost of acquisition. Pinkerton will replace Eivind Heiberg who has served as CEO since 2009.

Pinkerton brings to the CEO role, more than 20 years of experience as a senior leader in executive positions with Nationwide Insurance, Allianz Life of North America, The Independent Order of Foresters and Savings Bank Life Insurance of Massachusetts. He also created and led an independent consulting firm specializing in market strategy and implementation programs for the life insurance industry.

“Chris has successfully led these companies through business challenges and to positive sales growth and profitability,” says Ron Stubbings, International President, Sons of Norway. “His leadership and track record in his short time at Sons of Norway have helped elevate all factions of the organization, giving us much to celebrate as we mark 125 years.”

Pinkerton earned a Bachelor’s degree in Business Administration from Franklin University in Columbus, Ohio and an MBA from Xavier University in Cincinnati, Ohio. He also holds designations as a Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC) and is a Fellow of the Life Management Institute (FLMI).

About Sons of Norway

Sons of Norway, an international cultural organization headquartered in Minneapolis, began with shared values and a simple promise of financial security when like-minded people came together to protect their families, celebrate their culture and strengthen their community. For more than 125 years, we’ve lived our mission to promote and preserve the heritage and culture of Norway, celebrate our relationships with other Nordic countries and provide quality insurance and financial products to our members. Now 50,000 members strong, we play an active role in communities throughout North America and Norway. To learn more, go to: www.sonsofnorway.com.

Sons of Norway Message from International President

Dear Members,

Sons of Norway has been closely monitoring the global COVID-19 crisis and its impact on the upcoming 2020 District and International Lodge meetings. The Sons of Norway International Board of Directors has voted to postpone the International Lodge Meeting and Convention scheduled for August 2020 in Ringsaker, Norway. Pursuant to the national emergency provisions in the Charter and Constitutions, the meeting will be postponed until 2022.

In addition, the International Board, through its interim authority granted by the International Lodge, has voted to postpone all 2020 District Lodge meetings until 2022. These postponements serve to continue the 2018-2020 biennium into the year 2022. **It is expected that all district and international delegates and those installed in leadership positions for the 2018-2020 biennium will continue in service until the regular session lodge meetings of 2022.**

We understand that these postponements present a litany of questions, which we will answer in the near future as the scope of this global health emergency is further defined. For now, the best way to move our organization through this crisis is to keep the current structure in place, as stipulated in the Charter and Constitutions.

Ron Stubbings, International President
Chris Pinkerton, CEO



We are saddened to hear of the passing of our member Kristen Juul. Kristen is the husband of member, Joan Juul and also the father of members, Bonnie and Kitty Juul. Kristen was one of Shawnee Skogen's first members. Joan, Bonnie and Kitty, our prayers are with your family.

Kristen's story which was published in the local paper was emailed out a few weeks ago to all lodge members. If you didn't receive it, let Wendy know and she will resend out to you.

Zoom—April 19, 2 pm, Lodge Meeting Invite

Wendy Winkelman is inviting you to a scheduled Zoom meeting.

Topic: Shawnee Skogen April 19 Mtg

Time: Apr 19, 2020 02:00 PM Central Time (US and Canada)

Join Zoom Meeting

[https://us04web.zoom.us/j/251293033?](https://us04web.zoom.us/j/251293033?pwd=OHIUS3FSeU9YeU5ITEdONjNRZXJtZz09)

[pwd=OHIUS3FSeU9YeU5ITEdONjNRZXJtZz09](https://us04web.zoom.us/j/251293033?pwd=OHIUS3FSeU9YeU5ITEdONjNRZXJtZz09)

Meeting ID: 251 293 033

Password: 032221



Caption describing picture or graphic.

Message from District 5 President

from Andrew Iver Johnsen

Kjære Venner,

As of now I am sure that most of the members of the District have received word that the 2020 Fifth District Convention/Meeting and the 2020 International Convention/Meeting have been canceled due to the COVID-19 pandemic. There was a unanimous vote by the International Board of Directors to cancel the 2020 conventions/meetings. President Ron Stubbings has instructed all Sons of Norway Officers, Directors, and Delegates to, “continue in service until the regular session lodge meetings of 2022”. As members of Sons of Norway we need to follow President Stubbings instruction in order to maintain our cohesiveness as a fraternal in this time of uncertainty.

As your District President, I am requesting that all local lodge Presidents and Officers be prudent, and that they follow all State

and Federal government mandates concerning the COVID-19 virus. Be thoughtful and do not put yourself or any of your lodge members in any undue risk. Stay in touch with your other lodge members using the telephone and electronic means (conference calls, Zoom or Skype).

These are difficult times we are all experiencing. It is my hope that when this pandemic is over the Sons of Norway will continue to be as strong and vibrant as ever.

It is with sadness that the Fifth District has lost one of its finest members, Gene Steensma, who passed away on March 25, 2020. Gene was a past Fifth District President, an International Director, and a long-time member and President of Samhold 5-473. Gene will always remain in the hearts of those who knew him. Keep Gene’s family in your prayers as they go through their time of mourning.

Med beste hilsen

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Bultinck/Winkelman
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To JOIN, go to www.sofn.com



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

We are also apart of SON District 5—
Check out their website at:
<http://sonsofnorway5.com/>



**SONS of
NORWAY**

Mission Statement

*The mission of
Sons of Norway
is to promote and to
preserve the heritage and
culture of Norway,
to celebrate our relationship
with other Nordic countries,
and to provide quality
insurance and financial products
to its members.*

Rice Pudding (for Easter Sunday)

4 c. water
1 tsp. salt
1 c. rice (white, med)

Cook on top of stove until tender. Put in large microwave bowl. Mix into the rice: 1 ½ c. sugar and 3 c. milk. Cover bowl with wax paper and cook in microwave for 45 minutes not at high power. I usually put on at about power #7. It should look like oatmeal. Add amaretto cream and a maraschino cherry on top when serving.



HISTORY OF RICE PUDDING

Risgrynsgröt (Swedish), served with sugar and cinnamon and milk or fruit juice sauce, at the Christmas table and for breakfast and dinner during the winter months, especially during Christmas time

Risengrød (Danish), served with butter, sugar and cinnamon or dark fruit juice at the Christmas table and for dinner during the winter months

Risengrynsgröt (Norwegian) especially popular at Christmas

Riisipuuro (Finnish), served at Christmas time, often with cinnamon and sugar. Additionally used as a filling for the traditional Karelian pasty.

Rice pudding is a dish made from rice mixed with water or milk and other ingredients such as cinnamon and raisins. Different variants are used for either desserts or dinners. When used as a dessert, it is commonly combined with a sweetener such as sugar. Such desserts are found on many continents, especially Asia where rice is a staple.

Nordic Countries

In the Nordic countries, rice porridge is a common dinner, and sometimes breakfast. It is made as a warm dish from rice cooked in milk. When served, it is commonly sprinkled with cinnamon, sugar and a small knob of butter, and served with milk or fruit juice. In Iceland, it is sometimes served with cold *slátur*, a type of blood sausage, as part of þorramatur. In different languages it is called *risengrød*' (*Danish*), *risengrynsgröt* (*Norwegian*), *risgrynsgröt* (*Swedish*), *riisipuuro* (*Finnish*), *grjónagrautur*, *hrisgrautur* or *hrisgrjónagrautur* (*Icelandic*), and *risgreytur* (*Faroese*).

The rice porridge dinner is used as a basis for rice cream dessert. There are many different variants of this dessert but the basis is the same: cold rice porridge (the dinner variant) is mixed with whipped cream and sweetened. In Sweden, it is sometimes mixed with oranges and is then called *apelsinris*. *Risalamande* (Danish, after French: *Riz à l'amande*, rice with almonds) is cold *risengrød* with whipped cream, vanilla, and chopped almond, often served with hot or chilled cherry (or strawberry) sauce. In Norway, the dessert is called *riskrem* and sometimes served with red sauce (usually made from strawberries or raspberries). Rice cream dessert is called *ris à la Malta* in Sweden, while what is referred to as *risgrynspudding* is made with eggs instead of cream.

In Scandinavia, rice pudding has long been a part of Christmas tradition, where it is referred to as *julegröt*/*julegröt*/*julegrød*/*joulupuuro* (Yule porridge) or *tomtegröt*/*nissegrød*. The latter name is due to the old tradition of sharing the meal with the guardian of the homestead, called *tomte* or *nisse* (see also *blót*). In Finland it is common to eat the Christmas rice porridge with a sauce made of dried prunes.

A particular Christmas tradition that is often associated with eating rice pudding or porridge is hiding a whole almond in the porridge. In Sweden and Finland, popular belief has it that the one who eats the almond will be in luck the following year. In Norway, Denmark, Iceland and the Faroe Islands, the one who finds it will get the almond present as a prize. In Denmark and the Faroe Islands, the almond tradition is usually done with *risalamande* served as dessert at *Julefrokost* (Christmas lunch) or on Christmas Eve. In Norway, it is commonly served as lunch or early dinner on Christmas Eve or the day before, *lillejulaften* ("Little Eve"). In Sweden and Finland, it is more commonly done with a rice porridge dinner, sometimes a few days before Christmas Eve.