



5-689

Shawnee Skogen 5-689 Tidskrift



Hilsen fra Presidenten Bonnie Juul

Special points of interest:

- Dec. 3, 2019—50 members!

PLEASE Continue to :

Recruit, Recruit, Recruit

We have lost some members this month but have gained 4.

Please see Wendy for Business Cards to leave around Southern Illinois! Let us continue to recruit!

At February's meeting, we continued learning Norwegian. Try as we might, there is nothing better than working with a native speaker or someone who is fluent in a language. Fortunately, we have Mike Charman as a member and at the meeting. He has lived in Norway and speaks Norwegian fluently and helped us out.

During the meeting, we had the pleasure of learning about Mike's life story and how he went from England to Norway to Southern Illinois (Did you know that he is a souvenir? Just ask his wife Jeannell about that one!) He has led quite the adventurous life! He still has family in Norway and gets to travel there often. If you were unable to attend the meeting,

please ask him about his stories. I think we can all agree that we would love to hear more about his life!

This month, Don Gulbrandsen, our Cultural Director, will be talking and reading about his Norwegian Farmor.

I will be out of town on business this month, but I look forward to hearing how the meeting goes. Perhaps someone can step in and give us a Norwegian language lesson.

As always, if you have something to share about Scandinavia or have curiosity about anything Scandinavian, just bring it to the table. There is a great chance that someone else is interested as



well.

I look forward to seeing all of you soon!

President Bonnie



Inside this issue:

Birthdays	2
Social Minutes	3
Board Minutes	4
Programs	5
Culture	6
Financial Benefits	7
Recipe	8

Welcome to our New Members!

Jeannell Charman, Centralia, IL
 David McNelly, Fairview Heights, IL
 Allan Quamen, Carbondale, IL
 Debra Quamen, Carbondale, IL

Recruit a New Member and Be Recognized!

Please invite daughters, sons and friends of Norway to join as new members. When you recruit a new member and include your member number on the join form, you'll be awarded this beautiful 2020 Recruiter Pin.

Happy Birthday to our Members !



Garrett Nutter	3	3
Paige A Schuck-Cimfl	3	8
Maureene Dawn Gulbrandsen	3	28
Trevin Bultinck	3	30

Treasurer's Report

	<u>Item</u>	<u>Date</u>		<u>Subtotal</u>
				\$3,003.00
Dec. 2019	SON Intl	11/25/2019	Membership dues	\$2,035.00
	SON Intl	12/12/2019	Remainder of dues minus ins.	\$898.00
Jan. 2020	SON Intl	1/6/2020	Dues	\$88.00
Feb. 2020	SON Intl	2/10/2020	Pins	-\$18.00



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

February 9, 2020 Lodge Meeting Minutes

Present:

Pres. Bonnie Juul; VP Wendy Winkelman; Sec. Nancy Schick; Treas Kelly Bliss; Bill Bultinck, Don Gulbrandsen, Maureen Gulbrandsen, Nathaniel Nutter, Brad & Amy McCulloch, Colby Bowman, Mike and Jeanne Charman.

The Lodge welcomes guests Eric Jones, and Al and Debra Quamen.

Pledge of Allegiance, led by Pres. Juul

Treasurer Bliss reports that the Lodge currently has about \$3,000 in the Treasury.

Voting items

The Lodge needs to vote on delegates to the District 5 convention in June (25-27). We are allocated 2 delegates + 2 alternates. Cost to attend the convention is \$100 per delegate; and \$25 per alternate for the program, plus hotel (\$150/night), food, and travel. The convention is in Madison, WI this year. The total projected cost is \$1400. It is moved and seconded to cover half the cost. Motion carried unanimously.

Election of Delegates

There are two nominees for delegate, and two nominees for alternates.

Bill and Kelly are unanimously elected to represent the Lodge as delegates. Bonnie and Wendy are unanimously elected as alternates.

We are looking at holding a 50/50 fundraiser. Heads or tails; winner keeps 50%. Club keeps 50%. We can do this through ticket sales. It is moved and seconded to do a 50/50 at each meeting, and we will use heads or tails. Motion carried unanimously.

President Juul reviews last meeting's Norwegian words and Amy McCulloch shares similar words from Swedish.

Don Gulbrandsen presents information on Norway. The country's landscape is about 65% mountains. The land mass is about equal to that of California. $\frac{1}{3}$ is above the Arctic Circle. 80% of the population live in cities. In Norway, there are "towns" and "large towns," but not cities per se. Total population is about 5.25 million people, and there are more Norwegians living in the US than in Norway. The latitude is that of Alaska, Siberia, and Greenland. Warmth from the Gulf Stream makes it possible to live there. The population of Oslo is about 1.5 million. Bergen's is about 280,000. Trondheim has about 1300.

Monthly Program

Mike Charman gave a talk on his career as an electrician on various merchant and cruise ships. He was born and raised in England, served in the British Navy, and then went to sea. He moved to Norway and continued his career on the sea. He gave an interesting and entertaining story of a life spent all around the world. THANK YOU MIKE!

February 9, 2020 Board Meeting Minutes

Present: Bonnie Juul, Wendy Winkelman, Nancy Schick, Kelly Bliss, Bill Bultinck, Don Gulbrandsen, Colby Bowman

- 1) Treasurer's Report
- 2) Program Ideas: Several possible topics.
 - a. April meeting: Frozen theme.
 - b. May: Syttende Picnic
 - c. June:
 - d. July:
 - e. August: no meeting
 - f. September: Asatru, Mark ?
 - g. October: Financial Health, Greg Ragan
 - h. November: Lefse
 - i. December: Julebord
- 3) We have a new Sports Director: Colby Bowman. There is a discussion about the things we would like to see him work on. Question re how to enter time spent on yoga.
- 4) Convention information needs to go out to all members at the Lodge meeting.
- 5) District 5 convention is coming up. This month, we need to elect and vote on 2 delegates and 2 alternate delegates to attend. Bill has requested that he go as a delegate. Moved and seconded to nominate Bill and Kelly. Motion passes unanimously. Bonnie and Wendy are elected as alternates.
- 6) We will need a lodge banner for display at the convention. Wendy has volunteered to make one, if a design can be furnished.
- 7) Goals discussion.
 - a. Be in a parade.
 - b. Get 10 more members in 2020.
 - c. Lodge achievement award.
- 8) Fundraising ideas.
 - a. 50/50 fundraiser. Winner and Lodge split the proceeds 50/50. Suggested that this be \$10/member.
- 9) Board meetings and communication between meetings.

Board meeting adjourns at 1:55.





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	Ron Gulbrandsen	My Grandmother's 1938 Tribute to Norway
April 19	2020	Kelly Bliss	Frozen (the Movie)
May 17	2020	Kelly/Wendy/Colby	Syttende Mai Picnic (Giant City State Park) (Norsk Bingo)
June	2020		Suggestions? (Convention is June 24-28)
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		3rd Annual Julebörd



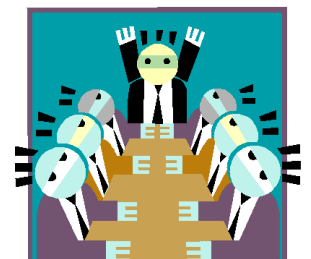
**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

2020 Officers

President:	Bonnie Juul	bonniejuul@gmail.com
Vice President:	Wendy Winkelman	wendyathadeland@yahoo.com
Secretary:	Nancy Schick	nancyrshick@gmail.com
Asst. Secy:	Wendy Winkelman	
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
Cultural Dir.:	Ron 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.	



Cultural Corner

Ron Gulbrandsen, Cultural Director

Norway was first part of Denmark and latter part of Sweden. The relationship with Denmark was amicable. The relationship with Sweden was less than amicable. Therefore the separation in 1905. Although Norway had it's own language for years, it was 1840 before it had it's own written language. Before that educated people used Danish for writing. Some people say Norway is part of the Economic Community and others says it is not, so Norway has a very special/unusual relationship with the EU. Norway is a very supportive member of NATO and participates in the United Nations.

Erika the Red ?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]."

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



Even as a stay at home parent, you need life insurance



When couples start a family, they often have the conversation about how to best care for the children. Sometimes they choose daycare, and sometimes the parents decide it is best for the family if one of them stays home to care for the child.

Income replacement is a great reason to purchase life insurance. But what about the parent who does not have an income? Do they need life insurance?

You bet they do! Just think of all the responsibilities of the person who stays home and how much it would cost to replace those duties. Housekeeping, van driving, teaching, cooking and grocery shopping would all need to be covered, not to mention the cost of daycare.

If you're a stay at home parent, you can take steps to ensure all of your valuable contributions continue if something should happen to you. I can help you ensure you have the necessary life insurance coverage for your loved ones. Call me or email me today.

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

MADISON, WI



District 5 Convention Lodge Meeting

Event Date: June 24th - 28th, 2020

Location: Radisson Hotel, Grand Canyon Drive, Madison, WI

Our Delegates are: Bill Bultinck and Kelly Bliss

Our alternate delegates are: Bonnie Juul and Wendy Winkelman

Anyone can attend this meeting. If you would like to see more information, and/or would like to attend please contact one of the people above. You would learn a lot about Sons of Norway and would enjoy this very fun event. There will be members from all round District 5. This convention happens every other year.

Sons of Norway Shawnee Skogen 5-689
Bultinck/Winkelman
6525 Water Valley Road
Cobden, IL 62920

Phone: 618-534-0318
E-mail: wendyathadeland@yahoo.com

Sons of Norway
Shawnee Skogen 5-689

To JOIN, go to www.sofn.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.*

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

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

Brennende kjærighet

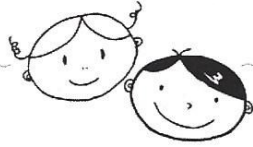
from Norwegian American Newspaper
(Only Norwegian newsletter in USA)

3 lbs. russet potatoes, peeled and quartered
salt (kosher)
1/2 cup butter, melted
1/2 cup cream
12 oz. bacon, chopped into 1-inch pieces
2 large onions, thinly sliced
12 oz. mushrooms, cleaned and sliced
3-4 green onions, thinly sliced
pickled beets to garnish, if desired

Wash potatoes and peel potatoes, and cut into quarters. Put potatoes in a 5-qt. pot and fill with cold water and a palmful of kosher salt. Bring to a boil on the stove, and reduce to simmer until the potatoes are fork tender. Drain. Add in melted butter and cream, and mash potatoes with your favorite masher. Taste for seasoning.

Meanwhile, prepare the topping while the potatoes cook. In a large saucepan, fry the chopped bacon until crispy. Remove the bacon to drain on a paper towel-lined plate and set aside. Depending on how much bacon grease rendered out, you can pour off some of it into a small jar if you don't want to cook with that much fat. Sauté the sliced onions in the bacon fat until golden. After a minute or so, add the sliced mushrooms. Sauté the mushroom-onion mixture until the mushrooms release their liquid. Season with salt, and continue to sauté until the mushrooms take on some color.

To serve, dollop a good amount of mashed potatoes on the plate. Layer on the mushroom-onion mixture, sprinkle generously with bacon, and garnish with chopped green onion. Serve with love and pickled beets. Makes excellent leftovers!



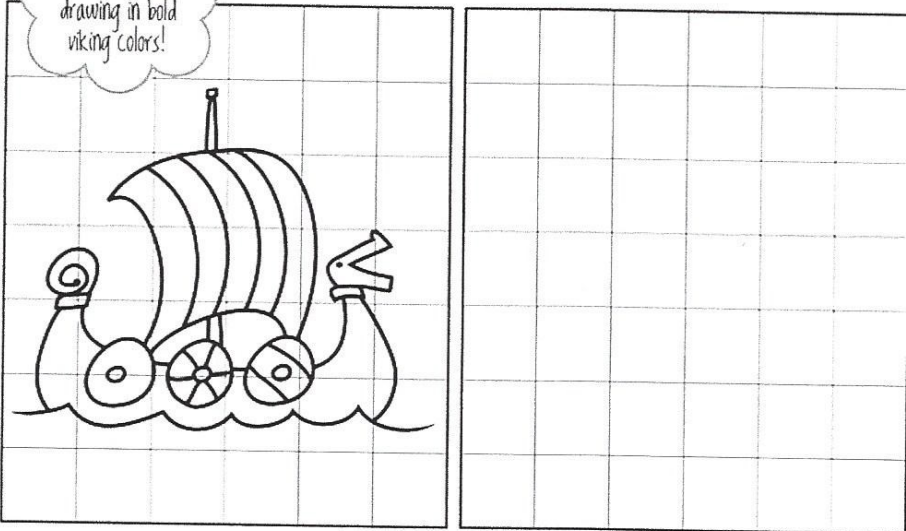
JUST FOR KIDS



COPY THE PICTURE

Use the grid lines to help draw the same picture.

Color your drawing in bold viking colors!

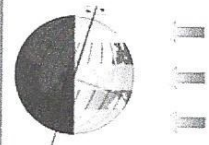


FUN FACTS

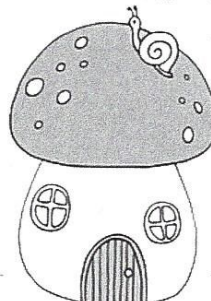
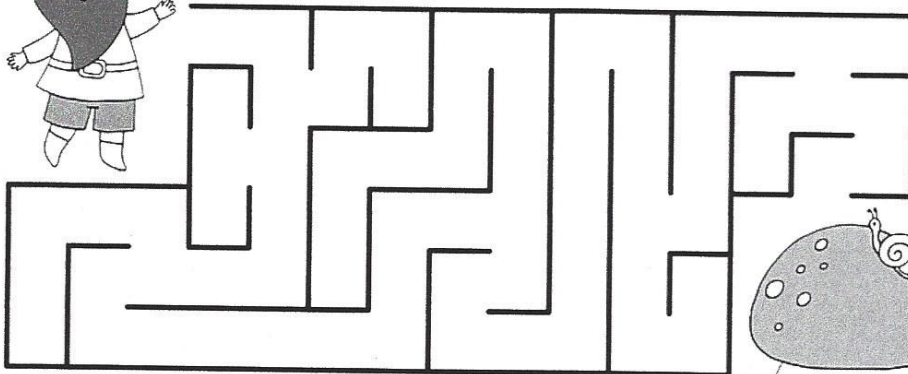
ABOUT THE MIDNIGHT SUN

Some areas above the Arctic Circle in Norway receive 24 hours of sunlight from April 20 through August 22—that's 124 days of sun!

The midnight sun occurs because Earth's northern hemisphere is tilted toward the sun.



HELP THE GNOME FIND HIS HOME!



For Family Matters pages from previous issues, go to sonsofnorway.com.

Log in, click on "Member Benefits" on the top tool bar, then "Family Matters."