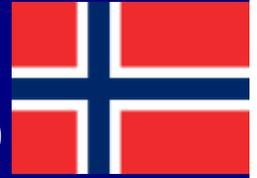




Shawnee Skogen 5-689 5-689



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:
May 17,
Zoom Online
2 pm
Brush up on your
Norwegian Num-
bers for Bingo

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Hilsen fra Presidenten Bonnie Juul

April's meeting was a lot of fun! Zoom fun!

It was so wonderful to see all your faces and hear your voices.

Don G shared the translation of a poem from his grandmother, which had been translated into English from Norwegian. Others shared stories as well.

This next meeting will be a 17 Mai celebration! Please join us with your wine, Aquavit, and your Norwegian/ Scandinavian/ Swedish spirit! We will try playing a little Norwegian Bingo to help celebrate.

We will be on Zoom again, so be ready to dress up and celebrate! If you have any decorations for 17 Mai, feel free to have them ready

to share.
Kelly has found access for us for a Zoom meeting that can last longer than 40 minutes. So, plan on joining us and sharing some stories and fun.

I am heartened to hear how many of you are taking care of yourselves during this time. Please continue to follow the COVID 19 recommendations so that we can all be together soon.

I'll see you in a couple of weeks!



President Bonnie



WE NEED TO MAKE THESE!!!



Happy Birthday to our Members ! "Gratulerer med dagen"



Nutter Amelia	5	9
Bultinck Bill	5	10
Engen Molly	5	16
Quamen Allan A	5	18
Juul Kitty	5	25

Treasurer's Report

<u>Item</u>		<u>Balance</u>
		\$3,486.73
Apr. 2020	SON Foundation NorAmer Wkly	Donation to Foundation in memory of Kristen Juul May 17 Ad in Newspaper Grant to Lodge for Startup/ Projector/Screen costs
	SON Intl	-\$25.00 -\$20.00 \$600.00



District 5 Scandinavian Photo Contest

In this time of COVID-19, many people feel cooped up in their houses, wanting something to do. Sons of Norway District 5 is starting a Scandinavian Photo Contest, with a entry deadline of July 5.

If you have ever taken pictures on a trip to Scandinavia (Norway, Sweden, Denmark, Finland, Greenland or Iceland) you might want to enter this contest.

As photos are submitted, they will be placed on the District 5 website: <http://www.sonsofnorway5.com>

Even if you don't enter, you can vote for your favorite photos, beginning in mid-July.

The winning photos will be printed on a deck of Scandinavian playing cards, and available for purchase in October 2020.

For more details, see the attached information to this newsletter.
Mike Palecek, D5 Treasurer

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 Bene-

All members need to help work on these 2020 goals

Syttende Mai (17 May): 10 Fun Facts

Hurra for Syttende Mai! Soon communities across North America and Norway will be waving their Norwegian flags, hosting parades and gathering in fellowship to commemorate Norway's Constitution Day.

In honor of this special day, we've compiled 10 facts about the signing of the Norwegian Constitution at the National Assembly in Eidsvoll in 1814 as well as some details about how the day is celebrated today.



Syttende Mai fun fact 1:

The delegates in this famous painting of the Constituent Assembly at Eidsvoll are painted so well, that about 70 of them can be identified.



Syttende Mai fun fact 2:

Two staples of Norwegian Constitution Day fare are ice cream and hot dogs. It is said that Norwegians consume more ice cream on the 17th of May than any other day of the year.



Syttende Mai (17 May): 10 Fun Facts



Syttende Mai fun fact 3:

Constitution Day is marked with children's parades across Norway. The largest, in Oslo, has more than 75 schools and marching bands and is greeted by the Royal Family.



4. The Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today.
5. For the past 111 years the Norwegian Royal Family has greeted the schoolchildren of Oslo from the palace balcony. The only exceptions have been during WWII and the death of Queen Maud's father, King Edward VII, in 1910.
6. The Constitution received a linguistic revision in 1903. While the overall language of the Constitution has essentially remained unaltered, the language from 1903 is still used when proposed changes are made.
7. Graduating high school students participate in Syttende Mai parades dressed in *russedress*, which are red overalls adorned with sayings and phrases from their friends.
8. The document was inspired by the United States and French Constitutions.
9. Fredrik Meltzer, a member of the constitutional assembly, designed the Norwegian flag in 1821. It incorporated red, white and blue from countries that Meltzer thought best symbolized liberty: the United States, the United Kingdom, and the Netherlands.
10. The first public 17th of May speech was given in Christiania (now Oslo) in 1833 by poet Henrik Wergeland.

April 19, 2020 Lodge Meeting Minutes

Present:

Maureene & Don Gulbrandsen, Randy Moe, Brad & Amy McCulloch, Mike Charman, Heather Kjellesvik, David Melby, Kelly Bliss (driving??), Ron Naversen, Ann Dolan, Bonnie Juul, Wendy Winkelman, Bill Bultinck, Connie, Colby Bowman, Roy & Melody Johnsen

Welcome to Heather Kjellesvik, our newest member.

1907. Daughters of Norway started on west coast, before women were allowed to join Sons of Norway. Currently there are 31 Daughters of Norway lodges listed on their website.

Don's grandmother belonged to one of the Daughters of Norway lodges. He read a long poem written by her in 1938, in honor of the Daughters of Norway. Don had an English language version translated by his uncle from the original Norwegian. Wendy will be emailing out a copy of this.

Lena was his grandmother. She was born around 1880 in Drammen, Norway. She married Andreas (Andrew) Gulbrandsen in the late 1890s. She, her husband, and their two oldest sons migrated to Rockford IL in 1904. Two more children, Juul and Lillian, were born in Rockford. Lena lived in Rockford for most of her life.

Mike Charman comments that the tradition of poetry lives on in Norway. Children in Norway are confirmed into the Norwegian state church around the age of 14. This is a big occasion, and family members have written a poem about the child for this milestone. The poem is read towards the end of the dinner, and is always quite funny. There is also a thank-you speech. "Takk for maten." (Thanks for the meal.)

Everyone in Norway is a member of the Church of Norway, unless they opt out. You can be a member of a humanitarian organization or another church. If you inform the government, your money then will go to another church organization or humanitarian group. Church records in Norway are generally good historical sources.

May 17 pot luck dinner is currently scheduled to take place at Giant City State Park. However, it is closed at this time because of the pandemic. We will look into a professional Zoom group, which will allow for more flexibility, subgroups, etc.

Would love to have a Syttende Mai online party. The Norwegians usually dress up on May 17, if not in traditional clothes then in "Sunday best."

The upcoming International Convention has been postponed until 2022, due to the COVID-19 pandemic.

Adjourned at 14:34





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 (Zoom)
May 17	2020	Kelly/Wendy/Colby	Syttende Mai Picnic (Zoom) (Norsk Bingo)
June	2020		Suggestions?
July 19	2020	Randy Moe	Carte de Visite (Visiting Cards) (Zoom potential)
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	nancyrshick@gmail.com
Asst. Secy:	Wendy Winkelman	
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
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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.	



Innovation to overcome challenges

by VICTORIA HOFMO, Brooklyn, N.Y.

PUBLISHED APRIL 21, 2020 · UPDATED MAY 2, 2020 NORWEGIAN AMERICAN WEEKLY NEWS

A new Sons of Norway lodge opens and thrives in Illinois

It's sad that an important institution like the Sons of Norway has had to put a lid on many festivities planned for the celebration of its 125th anniversary. But it is even sadder that many lodges had to cancel their meetings for the months of March and April. In Florida, the cancellations will run through September, with meetings first scheduled again in October—all because of the coronavirus.



Yet, to counter this turn in events, there is good news to report during these unprecedented times. A new Sons of Norway Lodge in southern Illinois, Shawnee Skogen 5-689, has opened. An interview with Bonnie Juul, lodge president, follows.

Victoria Hofmo: How did your lodge come about?

Bonnie Juul: *A few years ago, I had connected with the Sons of Norway to find out if it would be possible to open a new lodge. They sent me the list of what needed to be done. I was starting my business at the time, and I could see that it was more than I could do on my own. When Bill Bultinck, counselor, and Wendy Winkelman, vice-president and editor of the lodge, moved to the area, they contacted me. They had the know-how and experience of being members and leaders of other lodges. It is because of their dedication and hard work that our lodge was able to open and is thriving.*

VH: Where is it located?

BJ: *It is located in the far south of Illinois. We are one hour from Paducah, Ky., and one hour from Cape Girardeau, Mo. We are in an area that isn't very densely populated, so people have to drive a ways to get to the meetings. I think our official address is Anna, Ill., but the nearest big town is Carbondale.*

VH: How far from you is the nearest Sons of Norway lodge?

BJ: *It's a 3½-hour drive in Nashville, Tenn.*

VH: How is it going so far?

BJ: *It's going great so far. We have people with varied interests, who are gracious enough to share their knowledge and experience with the entire group. Wendy and Bill keep all the organization and procedures in place. Wendy warmly welcomes anyone who has an inquiry about membership. We have an engaged and excellent board.*

A Message from FBC, Greg Ragan



We hope you, your family, friends, and neighbors are all safe and healthy during this national health and economic crisis.

I personally never believed we'd live through a pandemic like this in our lifetime, nor did I foresee this huge change in our daily lives and our culture as a nation. We all miss having family dinners, eating at restaurants with friends, watching sports on TV at our neighbor's house, or attending concerts with our spouses.

While many states and cities are working on plans to re-open the economy and figure out what the "new normal" will look like for most of us, I've been worried about the HUGE problem many people are confronted with right now... a significant loss of retirement savings and/or income.

Many people lost a large portion of their retirement savings due to the huge market crash over recent weeks.

- They are worried if they'll have enough time to recover these recent market losses before they retire.
- This issue is even more pressing for people who are currently retired... as they are not working and may not be able to afford to wait for a miracle.

If you're experiencing any financial hardships, or if you're worried about what the future holds for your retirement, please reach out to us.

- You've worked hard throughout your life, and we want to protect your dream of a worry-free retirement.
- We help our clients protect their life savings because we care about helping them sustain the lifestyle they want and deserve.

We are still meeting with clients and conducting consultations over the phone. This way we can safely meet with you, learn about what your concerns are, how your needs have changed, and help you overcome the financial challenges that you face today.

Our firm is here to help you get through these strange and challenging times. We will all get through this together.

Sincerely,

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

Lodge Meetings and In-Person Events

from SON Intl

Sons of Norway has been following the COVID-19 (coronavirus) pandemic closely. In light of the declaration of a national emergency in the United States, and the CDC's recommendation to avoid in-person gatherings, **we strongly recommend that all Sons of Norway lodge meetings and in-person events be postponed through at least May 31.** We will continue to communicate updates as the situation evolves.

We recognize the difficulty this poses to all of us, but it is important that we work together as an organization to respond to this crisis responsibly. *Please continue to follow all state and local guidelines as you make decisions for your lodge.*

Sons of Norway Remains Strong

As we enter into this uncertain time in history, I want to assure you that Sons of Norway remains strong and dedicated to our members and insurance policy holders. From the spread of COVID-19 to unforeseen market volatility and natural disasters, we are living through unique times.

The world is changing at an extraordinary pace, and I want you to know Sons of Norway is well prepared for the current economic environment. Established in 1895 by 18 Norwegian immigrants with the mission to protect each other and their families, that mission has never been truer than it is today.

We have enacted our disaster plan to ensure that we can continue our day-to-day operations, provide service to our clients, and keep our employees safe. We have transitioned most of our employees to work remotely, with limited staff onsite to maintain the day-to-day functions of the home office. We have the systems and safeguards in place to continue to provide you and your families the protection and support you expect from us.

The financial markets have never seen conditions like we are experiencing now, but rest assured your insurance is safe—both life insurance and annuities. We make very conservative long-term investments designed to weather these “perfect storm” conditions. We do not make short-term high-risk bets; as we always have done, we are protecting our members and clients by taking a conservative approach.

Our solvency remains extremely strong, which means our ability to pay claims and annuity income streams remains unchanged amid today's uncertain circumstances. We want to thank you for being part of Sons of Norway and let you know we remain true to our mission of protecting our members, policy holders and employees.

Fraternally, Chris Pinkerton, CEO

Norwegian Rhubarb Cake (Rabarbrakake)

Adapted from Norwegian National Recipes

1/4 cup butter (I used unsalted) 1/3 cup whole milk
2 eggs 1 cup sugar
1 1/4 cup flour 1 1/2 teaspoons baking powder
1 large stalk rhubarb Powdered sugar (optional)
Whipped cream, for serving (optional)



Melt butter in a small saucepan over low heat. Stir in milk and **set aside to cool slightly.**

Preheat oven to 350 degrees and grease a nine-inch springform pan.

Beat eggs and sugar on high for a minute or two—let them get light and fluffy. Reduce the speed to low and slowly pour in the milk and butter. Mix in the flour and baking powder until just incorporated, then pour the batter into the prepared pan, spreading the top into an even layer with a spatula.

Trim the rhubarb and cut into quarter-inch slices on the diagonal. Scatter slices evenly over the top of the cake. Bake for about 40 minutes, until a toothpick inserted in the middle comes out clean.

Let cool on a rack in the pan for about five minutes, then remove from pan and continue cooling on a rack. Dust top of cake with powdered sugar and serve with whipped cream if desired. Cake will keep a day or two if covered, but is best on the first or second day.

Makes one 9-inch cake.

Ole and Lena Joke

Ole and Sven grabbed their poles and headed out to do some ice fishing. As they were augering a hole in the ice they heard a loud voice from above say, "There are no fish under the ice." Ole and Sven moved about 25 feet over and started to make another hole. The voice said a little stronger, "There are no fish under the ice." They both looked around and then looked up. Ole said in a humble voice, "Are you God?" The voice spoke back, "No ya idiots! I'm the ice rink attendant."



Zoom—April 19, 2 pm, Lodge Meeting Invite

Kelly Bliss is inviting you to a scheduled Zoom meeting.

Topic: Sons of Norway

Time: May 17, 2020 02:00 PM Central Time

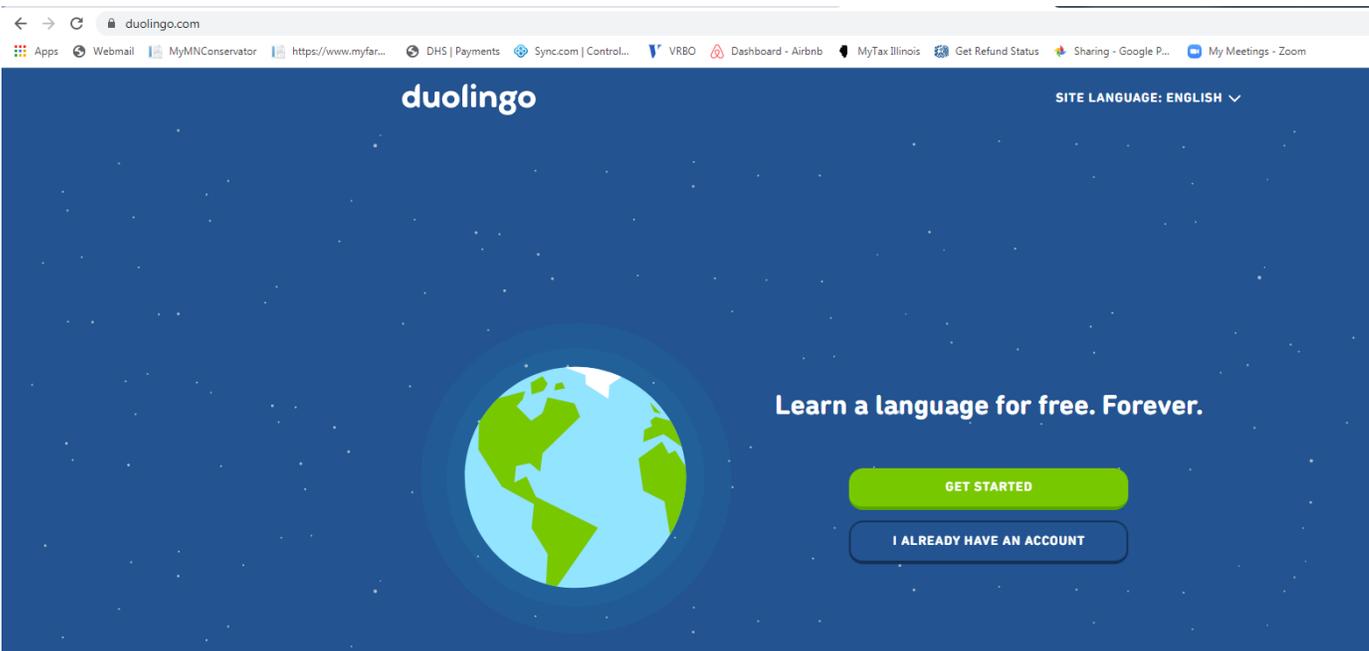
Join Zoom Meeting

<https://us02web.zoom.us/j/88019379254>

Meeting ID: 880 1937 9254



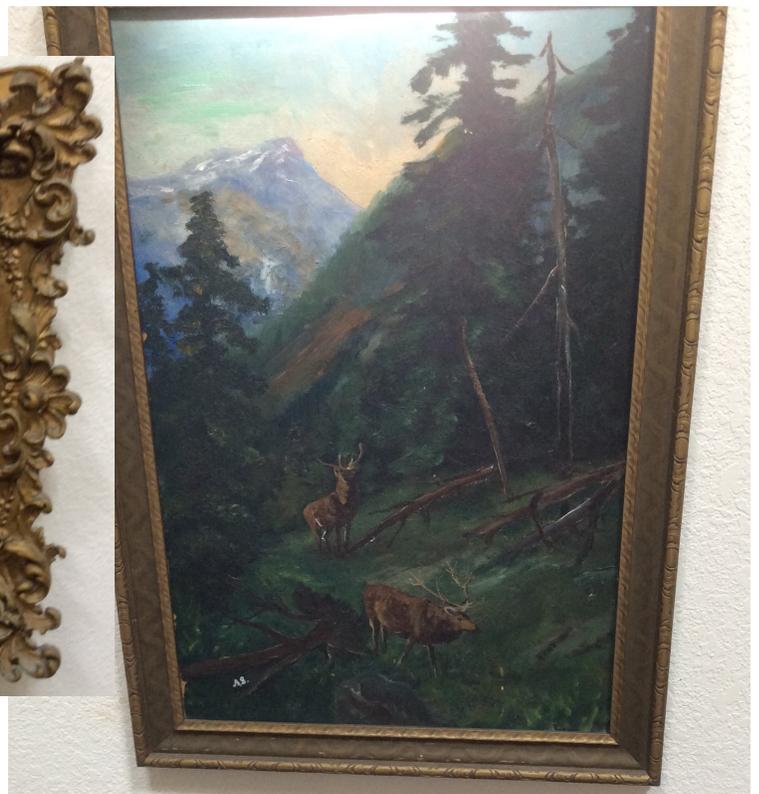
Duolingo— Are you Wanting to Learn a Language?



During our self isolation time at home why not improve your Norwegian skills, check out Duolingo! You can learn to speak Norwegian for free! You can download the app on your smart phone or go to www.duolingo.com on your computer. Can someone check out this app and let us know if you like it?

Oil Painting by Don Gulbrandsen's Grandfather

By Andreas/Andrew Gulbrandsen of his memories or from postcards. Andreas also made the picture frames. Don never knew this grandfather.



VH: What is the focus of your lodge?

BJ: *I would say that the focus of our lodge is to encourage each other's interests and put the enjoyment and connection of people in the forefront.*

VH: What makes your lodge unique?

BJ: *I think what makes our lodge unique is that we try not to get caught up in procedure but have the focus on the importance of each individual member. We have wonderful members, with lots of different interests. Perhaps the reason we are growing is that we gratefully receive input from our members and take action on it. We are focused on having a welcoming place for children by encouraging their participation and presence.*

VH: Can you speak about future plans for the lodge?

BJ: *We have plans to be more of a presence in the local community by participating in parades and other events. Over the next year, we will be connecting with the local university to reach out to students who have been a part of other lodges and would like to connect with a local one.*

We have been exploring the idea of offering remote membership and participation in our lodge. Prior to Wendy and Bill moving to town, I had wanted to do this, but lived too far away from a lodge. I craved the connection with my heritage, but there were few options and no lodge options. I suspect there are many people around the country—and the world—who are interested in becoming active members, but they are unable to get to meetings.

Some of our members live in New York state. We are in the process of figuring out how to have them participate from where they live. By the very nature of how spread out southern Illinois is and how challenging it is for members to get to our meetings, we believe we would be the perfect lodge for them. We do not have all the answers on how to do this yet, but we have a desire to connect and to receive input to nurture the connection. By working together, we plan to create an oasis for those who are disconnected. With the current social distancing initiative, we may end up moving in this direction faster than we had originally anticipated.

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

BJ: *The support of Sons of Norway, Bill, and Wendy, the willingness of our members to participate and contribute their time and ideas. We strive to keep things fun, lighthearted, and moving.*

Wisely, besides their eye to implement remote membership, the group has already built an extensive social media component on Facebook and Twitter and includes links to a very well-designed, informative blog from the Sons of Norway as well as the Sons of Norway website. I have to say that this lodge's attention to remote membership and social media could not have come at a more appropriate time, with social distancing being the new norm. The result could become a model for the entire Sons of Norway organization.

The arrival and momentum of Shawnee Skogen Lodge is a prime example of what you can achieve if you think outside the box—or in this case, outside of the meeting room. It is this indomitable human spirit that has kept the Sons of Norway going for 125 years and will take it into a new era.

This article originally appeared in the April 17, 2020, issue of The Norwegian American. To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.

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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/>

Norwegian Table Prayer

I Jesu navn går vi til boards
Å spise, drikke på ditt ord.
Deg, Gud till ære, oss til gavn,
Så får vi mat I Jesu navn.
Amen

In Jesus' name to the table we go
To eat and drink according to His Word.
To God the honor, us the gain,
So we have food in Jesus' name.
Amen



Do you remember saying this in your home? Do you still say it today?