



Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

NEXT EVENT:

**April 14, 2024
2:00 PM**

**Giant City Park
Shelter #3
235 Giant City
Rd,
Makanda, IL**

Hei alle sammen....

I have been busy working on District 5 Convention Registrations and also putting together a Convention booklet. Besides working at the courthouse and visiting my Mor in Florida, I am keeping myself very busy. Oh, I do get into my sewing room occasionally as well.

At our March meeting we watched a wonderful video on the Viking's and their sailing ships. Tusen Takk to Doug for sharing this with us. I'm sure he has other video's that he knows about that he can share at future Zoom meetings.

Bill and I were able to meet with member Amy McCullough a few weeks ago. Amy, as you know, has moved to Louisiana, to be near her son Colby. Amy has agreed to come up to our home on August 18 for some rosemaling! The best part of this, other than seeing Amy, is that we are going to rosemal our GARAGE! This is going to be so much fun!!!! Everyone will take part in making our garage NORWEGIAN! We can't wait for this fun event. Please plan to attend.

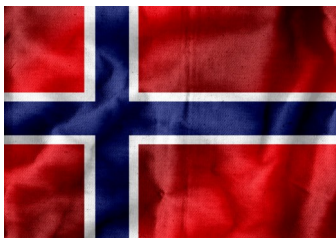
Our meeting this month is going to be in person at Giant City Park, **Shelter #3**. The address of the park is: 235 Giant City Rd, Makanda, IL.

I have ordered pins for our Music Cultural skills level 3 awardees. I hope to have them for our April meeting. Also, I am getting membership pins for members who have been with Sons of Norway for 5 years, 10 years, These will also be awarded at Giant City.

Again, the next meeting is April 14th at 2 pm. I hope to hear a little bit about Heather's recent trip to Norway. As I write this, I am unsure of the program, but I'm hoping to do something fun as we will be outdoors.

See you all on the 14th!

Tusen Takk.
President, Wendy



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Happy Birthday to our Members ! “Gratulerer med dagen”



Jeffrey Jorgen Skjeveland	April	22
Erica Marie Strahm	April	26
Wendy Kay Winkelman	April	27

Please Plan to attend:

Shawnee Skogen Lodge meeting

April 14, 2024 @ 2:00 pm

Giant City Park

Shelter #3

**235 Giant City Rd,
Makanda, IL**



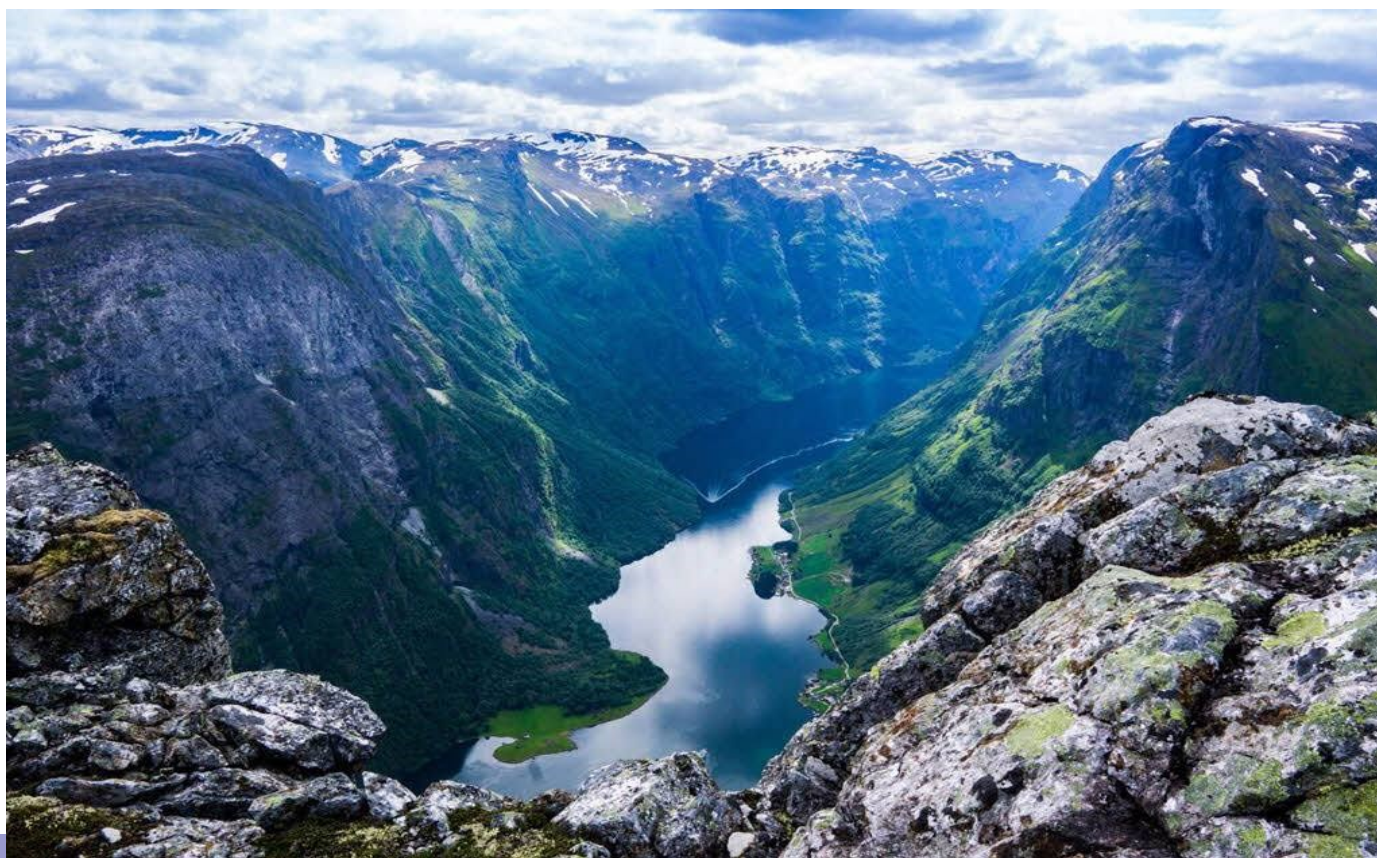
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Lodge Programs for 2024

Programs need to be set up for our meetings in 2023. Please send your ideas to the Program Director, Heather Kjellesvik at hkjellesvik@gmail.com.

January 14	2024	Zoom meeting	Ron Naversen talk on Danish Explorer, Peter Freuchen.
February 11	2024	Zoom	Music Cultural Skills #3
March 10	2024	Zoom	Before the Vikings - Video
April 14	2024	Giant City, Shelter #3	Something fun outdoors.. To be decided.
May 19	2024	Thompson Lake Shelter	Syttende Mai celebration
June 9	2024	No meetings locally	District 5 Convention—Indianapolis, IN
July	2024		Summer Break
August 18	2024	Wendy & Bill's Garage	Rosemaling the Garage!!!
September 8	2024		
October 13	2024		
November	2024		Lefse Making
December 8	2024		7th Annual Julebörd



Viking Age Musical Instruments

Recorder



Replica of a recorder, made from shin bone of a sheep. The original instrument from the early part of the 13th century, was found during excavations in Århus, Denmark, but this type of recorder is also known from other excavations from earlier periods.

Lur



The lur from the Oseberg find is just a small fraction of items found in a burial mound richly equipped for a Norwegian princess at her burial in AD 834 according to C14 dating. The cone-shaped wind instrument was found in a box made of oak wood, richly decorated with iron ornaments, along with other items. The photo shows a modern Swedish folk-instrument of the same kind with birch bark wrapped around it. The original lur appears to have been held together by willow.

“Falster-pibe”



A part of an instrument was found during the excavations of a shipyard at Fribrødre river on Falster, Denmark. It might have been part of a bagpipe, but there is no evidence to support this theory. On the replica a wooden mouthpiece was added, making the instrument into a hornpipe (a kind of oboe).

The find was from the later part of the 11th century.

Lyre



The **lyre** is a string instrument similar in appearance to a small harp. It came in many different versions.

The **giga** was a type of bowed **lyre**, it was very popular especially in [Norway](#), but also common to find in [England](#), [Iceland](#) and [Denmark](#).^[1] It is **considered to be extinct**; however there are some interesting reconstruction projects. The name does not originate from Latin, but rather derives from an old Viking word that meaning for "to vibrate", "to move in a fast way": this term is also the origin for the name of the dance called [Jig](#) that is very common in Northern Europe, especially in the British isles

Viking Age Musical Instruments ...continued

Gue



The **gue** is an extinct type of two-stringed [bowed lyre](#) or [zither](#) from the [Shetland](#) Isles. ^[1] The instrument was described in 1809 by [Arthur Edmondston](#) in *View of the Ancient and Present State of the Zetland Islands*. The exact details of the gue are unclear, but it possibly resembled extinct bowed lyres such as the Norwegian [giga](#), or the extant Swedish and Estonian [talharpa](#) or Finnish [jouhikko](#). The first person to recreate the Shetland gue for modern musicians was instrument maker and musician Corwen Broch of Ancient Music, who began making them in 2007. What he freely admits is a tentative reconstruction made initially for the purposes of experimental music archaeology was based largely on Scandinavian bowed lyre design and the surviving written descriptions as discussed in the works of [Otto Andersson](#).

Cow's horn / Goat's horn



Replica of a hom from Västerby in Sweden. It is made from horn of cattle and has four finger holes. Similar instruments have been in use until recently in Scandinavia. The original hom is now in Dalarnas museum, Falun, Sweden.

On the Bayeux tapestry one can see a hom blower, apparently sounding the signal to 'come and eat'. The tapestry was made around 1070, shortly after William of Normandy had landed and conquered England.

Pan flute



Replica of a pan flute from the 10th century found during the [Jorvik](#) excavations in Coppergate in York, England.

Each of the tones bored out as holes in the wood, gives a fixed pitch, not possible for the musician to change, only to bend it slightly. The original is made from boxwood, the replica from wood from a cherry tree.

Lemon-Roasted Root Vegetables

Ingredients

1 bag (10½ oz.) yellow pearl onions
2 parsnips
1 bunch carrots
6–8 tender parsley roots
1 lemon
¼ cup honey
Olive oil
1 bunch parsley
Salt
Freshly ground black pepper

Directions:

Preheat the oven to 355°F.

Peel the onions and scrub the root vegetables clean. Cut the parsnips into large chunks, leaving the rest of the vegetables intact (if they're especially large, however, cut them in half through the middle).

Put the vegetables on a rimmed baking sheet. Cut the lemon in half and squeeze it over the vegetables, then drizzle with honey and olive oil. Cut the lemon halves into smaller pieces and add them to the vegetables. Toss all the vegetables with your hands. Season with salt and pepper. Roast the vegetable for 25 to 30 minutes. Stir the contents or shake the baking sheet a few times while roasting so everything cooks and roasts evenly. Don't overcook them—slightly al dente is good. Chop the parsley and add it to the vegetables.

To Serve:

Spoon the morel sauce onto a large platter and set the meat on top. Serve with the lemon-roasted root vegetables and a dollop of rowanberry jelly.

Excerpted from “Tina Nordström’s Weekend Cooking” by Tina Nordström with permission from Skyhorse Publishing, Inc.



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To JOIN, go to www.sofn.com

**We're at:
<http://shawnee-skogen.com>**



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

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**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.*