



Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

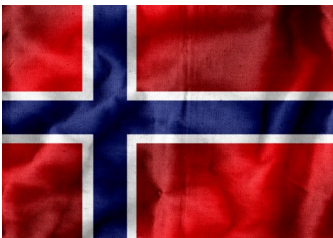
NEXT MTG:

Feb. 19, 2023

2:00 p.m.

DuQuoin, IL

**ALL ARE
WELCOME!!**



Hei alle sammen

January was a month of COLD weather. Thankfully, we met over Zoom for our lodge meeting. Tusen takk to Heather K for giving us some wonderful places online to learn the Norwegian language. I have been using the Duolingo app since we met. It is really fun and my Granddaughter Hazel and I were practicing the pronunciation of the words. I'm not very good at it! But, it definitely is fun and it keeps track of the lessons you have done, so you can continue the next day with more. I truly recommend it!

We had sad news this month, when Charter member Chris Moe passed away on January 20th. I'm sure you all remember him well as he always attended the important meetings where we had lots of Scandinavian food to eat! Chris had quite a career and I'm sure, was loved by many of his college students (as well as our Shawnee Skogen members).

We will be meeting in a new location this month. We are hoping to get a little closer to some of our far away members and maybe attract some new members from more central Southern Illinois locations. Check out page 2 of this newsletter for the address and details. Please invite your friends and family. We often meet over Zoom, so non-local members can also participate with us.



Some important upcoming dates include: April 15. The SON District 5 Board will be here for their Spring Board meeting. They hope to meet many of you! More info on that to come. Also, we will be having a Rosemaling class on June 11, given by Amy M. That will be awesome!!!

See you on the 19th!

Tusen Takk.

President, Wendy

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Happy Birthday to our Members ! “Gratulerer med dagen”



Todd Brown	2	13
James R Mathewson	2	25

New Members in January !

Karen Pfeifer and Trisha Miller—

Velkommen to Shawnee Skogen 5-689!!!

Let Us Enjoy our Heritage Together —

Feb. 19, Sunday, 2 p.m.

St. Nicholas Brewing Co.
12 S. Oak Street
DuQuoin, Illinois 62832

Food and drink can be ordered on your own.





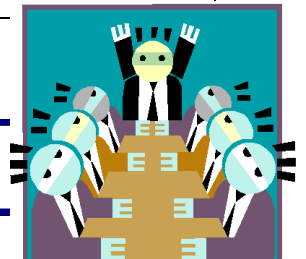
Lodge Programs for 2023

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 8	2023	Zoom—Heather	Where to Learn Norwegian
February 19	2023		
March 12	2023		
April 15	2023	Anna, IL	The SON District 5 Board will all be here wanting to meet each and everyone of you. Please plan to attend
May 14	2023	Giant City (Mother's Day)	Syttende Celebration— Potluck
June 11	2023	Giant City	Rosemaling in Giant City with Amy M
July 9	2023		Open to Ideas for Summer Meeting
August 13	2023		Open to Ideas for Summer Meeting
September 10	2023		
October 8	2023		
November 12	2023	Bill/Wendy	Lefse Making
December 10	2023	Open for Site	6th Annual Julebörd

2023 Officers

President:	Wendy Winkelman	wendyathadeland@yahoo.com
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Secretary:	Nancy Schick	nancyschick@gmail.com
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Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Ron Naversen	rnaversen@gmail.com
Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com



Social Meeting Minutes—January 8, 2023

Attended over Zoom: Nathan Nutter, Kelly Bliss, Wendy Winkelman, Bill Bultinck, Amy McCulloch, Heather Kjellesvik, Ron Naversen

Pres Winkelman opens the meeting with a video of the National Anthems of the US, Canada, and Norway.

Guest is Patricia (“Tricia”) Miller, from Herrin, IL.

Penny’s and Colby’s birthdays are coming up soon. Mike Charman and Jeanelle should have been here today, but he’s in the hospital undergoing surgery today.
Heads or Tails? Winner today is Penny.

Ron has been walking, and has earned the bronze, silver, and gold gangmerke. Congratulations to Ron!

No Treasurer report today.

New business.

Next month’s meeting location? It will be in person. Nathan, Nancy, Heather, and Mike and Jeannell all live north of the Carbondale area. There are places in the Du Quoin area that we could go to. Decision made to go to St. Nicholas Brewing Company in DuQuoin.

Heather is presenting today on learning Norwegian.

Heather has a slide show is about “Learning Norwegian,” and she has lots of information on websites and apps for learning and immersion.

Apps: Duolingo, Mondly, and Drops. Mondly and Drops have free and paid versions.
Websites: Futurelearn.com and norwegianclass.com.

For immersion: Radio Norge, Ratio Norway, NRK TV. These also have apps.

Nathan plays a Vikings Skull Chant video from a Minnesota Vikings game.

We can share links on the Shawnee Skogen group.

Wendy has applied for grants to pay for rosemaling supplies for a rosemaling class. Amy suggests that we could do this as a group at Giant City. Nathan suggests another one on Hardanger embroidery.

Deafening Denizens of the Deep

Sperm whales (or *spermhval* in Norwegian) are probably familiar to most of us, whether that's thanks to National Geographic or Moby Dick. Their massive rectangular heads and vast size are unmistakable. These whales can be found in Norwegian waters year-round, so any time is a good time to go on a whale safari!

What may be less commonly known is that sperm whales are the LOUDEST animal on the planet. They make a lot of different vocalizations like creaking, trumpeting, and squealing—but what you need to watch out for is the clicking! Sperm whales make clicking sounds that can reach 230 decibels. That's loud enough to actually deafen a person diving with these giant mammals. Divers have also reported partial paralysis and general body heating when exposed to the overwhelming volume and concussion of these clicks.

Try “clicking” this link to hear some of the sperm whale vocalizations yourself: <https://tinyurl.com/sofnwhale>. Don't worry, these are safe to listen



Mystery Books

As many of you know, I have read a few of the Sons of Norway Book Club books recently. In the months past, I have read:

The Land of Dreams by Vidar Sundstøl (Minnesota Trilogy by Norwegian Author)

Only the Dead (2nd in series)

The Ravens (3rd in series)

My First Murder by Leena Lehtolainen (Finish Author)

For the Love of Cod by Eric Dregni (Minnesota Author, who has lived in Norway)




All of these books were wonderful. I own all of them, so if anyone wants to borrow them, they are yours for the asking! Let me know.

For more information on the Book Club, contact Bill Browning at SonsofNorwayBookClub@gmail.com.

What's In Your Hiking Backpack?

Hva har du i langtursekken?

Whether you are taking part in 14 Days of Friluftsliv this month, or working up to a major trek, these are a few things to consider for *utstyr*, or gear. There is a Norwegian saying *ut på tur, aldri sur* – when you're on a hike, you're never unhappy. Being prepared has a lot to do with it.

Klær og Tilbehør - Clothing and Accessories	Matlagingsutstyr – Cooking Equipment
ei jakke – a jacket regntrekk – rain gear en genser – a sweater ullsokker – wool socks fjellsko – hiking boots ulltøy - wool clothing ei/en turbukse – hiking pants ei/en lue – a hat hansker – gloves solbriller - sunglasses	turmat – trail food kaffe – coffee appelsiner – oranges KvikkLunsj – Norwegian chocolate bar en turkopp – a hiking mug et kjelesett – pots, pans, spatula, etc. et spisesett – mess kit (camping plate, bowl, cup and eating utensils) en brenner – a camp stove et grillspyd – a grilling skewer fyrstikker – matches en kniv – a knife en termos – thermos ei/en vannflaske – water bottle
Turutstyr – Hiking Gear	
et turkart – map et kompass – compass fjellvettreglene – The Norwegian Mountain Code en kikkert – binoculars et sitteunderlag - a sit pad ei/en hengekøye - a hammock en regnduk – a rain tarp et telt – a tent en hoftesekk – a hip belt / fanny pack ei/en førstehjelpspakke - a first aid kit ei/en hodelykt – a headlamp en turstol – a camping chair myggspray – bug spray	

The Three Billy goats Gruff—Try reading Norwegian Version

The Three Billy Goats Gruff

Once upon a time, there were three billy goats that wanted to go up to the summer pasture and eat themselves fat. On the way, there was a bridge over a waterfall. Under the bridge there lived a terrible troll with eyes like tin plates and a nose as long as a poker.

First came the smallest billy goat Gruff. — Tripp, trapp, it went. — Who is that tripping over my bridge? roared the troll. — Oh, it is me who is going up to the pasture to make myself fat, answered little billy goat Gruff. He had such a high-pitched voice.

Now I'm coming to get you! said the troll. — Oh no, don't take me, because I am so small. Just wait a while and along will come the middle billy goat Gruff. He is much larger than I. — Well, I better do that then, said the troll and lay back down again.

After a while came the middle billy goat Gruff over the bridge. — Tripp, trapp, tripp, trapp, went the bridge. — Who is that tripping over my bridge? roared the troll very grumpily.

— Oh, it is the middle billy goat Gruff, I am going up to the pasture to make myself fat, said the billy goat, he was not so high-pitched in his voice. — Now I'm coming to get you! said the troll.

Oh no, don't take me, but wait a while, and the big billy goat Gruff will come. He is much, much bigger, said the billy goat. — Well, I better do that then, said the troll and lay back down again.

Bukkane Bruse

Det var ein gong tre bukkar som skulle til sætra og gjera seg feite. På vegen var ei bru over ein foss. Under den brua budde det eit fælt troll med augo som tinntallerkar og nase så lang som eit riveskaft.

Fyrst kom den minste bukken Bruse. — Tripp, trapp, sa det. — Kven er det som trippar på brua mi? skreik trollet. — Å, det er eg som skal til sætra og gjera meg feit, svara vesle bukken Bruse. Han var så grann i målet.

No kjem eg og tek deg! sa trollet. — Å nei, tak ikkje meg, for eg er så liten, eg. Bi berre litt, så kjem den mellomste bukken Bruse. Han er mykje større enn eg. — Eg får vel det då, sa trollet og la seg ned att.

Om ei stund kom den mellomste bukken Bruse over brua. — Tripp, trapp, tripp, trapp, sa det i brua. — Kven er det som trippar på brua mi? skreik trollet retteleg morskt.

— Å, det er den mellomste bukken Bruse, eg skal til sætra og gjera meg feit, sa bukken, han var ikkje så grann i målet, han. — No kjem eg og tek deg! sa trollet.

Å nei, tak ikkje meg, men bi litt, så kjem den store bukken Bruse. Han er mykje, mykje større, sa bukken. — Eg får vel det då, sa trollet og la seg ned att.

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Cobden, IL 62920

To JOIN, go to www.sofn.com

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

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



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

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



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.*

Hazelnut Toscakake

For the Cake:

4 extra large eggs
1 1/4 cups granulated sugar
1 1/4 cups all-purpose flour
2/3 cup butter

For the Topping:

2/3 cup hazelnuts (roughly chopped)
1/2 cup granulated sugar
3 Tbsp. milk
1 Tbsp. all-purpose flour



Preheat the oven to 350°F (175°C). For the cake, melt butter and set aside to cool. Whisk the eggs and sugar together until light yellow and fluffy. Add the flour and melted butter until just combined. Pour the batter into a springform pan lined with parchment paper and bake for about 45 minutes. Check to see if it's done by inserting a toothpick or wooden skewer into the cake.

When done, remove the cake from the oven but leave it in the springform pan. For the topping, place all topping ingredients into a saucepan and bring to a boil. Once a boil is achieved, immediately pour the mixture onto the cake and spread evenly across the top. Return the cake to the oven and continue baking; only using the top heat (broiler) if possible until it looks golden brown, about 5-10 minutes.

Remove from the oven and allow it to cool before removing from the springform pan. Enjoy!