



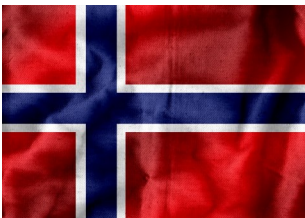
Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

NEXT MTG:
Jan. 08, 2023,
2:00 p.m.
Zoom
Meeting

**ALL ARE
WELCOME!!**



Members, Godt Nytt År

On the 11th of December we had our annual Christmas Julebord. What a wonderful afternoon the lodge had with Todd Brown and Ron Naversen hosting. Tusen Takk to both of these members for hosting this very fun event! The food brought by our members looked fabulous!!!

Bill and I were not able to attend as I made a quick exit out of Illinois for Florida, where my father passed away on November 29th. We are on our way home as I write this message, in Alabama, visiting Bill's mother. We, of course, had to stop to see my "Danish" Mom-in-Law! Ha Ha. We are having a good visit.

At our meeting on Jan. 8th, we would normally install new officers but our officers didn't change this year, although we still need a VP to be a successful lodge. Please, if you would consider taking the position, let one of us know.

Again, the main duties of the VP is stepping in if I wouldn't be able to make a meeting as well as recruiting new members.

We have a new member this month that transferred into our lodge from a lodge on the East Coast. Welcome Heather Walker! We hope to meet you soon!



This month's meeting (which is this Sunday) will be over Zoom. This year, in 2023, it was voted to have our meetings on the 2nd Sunday of each month. Heather K will be presenting a program on learning Norwegian and how and where we can do that online.

See you all Sunday. We should be driving all day on Saturday to get home to Southern Illinois.

Tusen Takk.

President, Wendy

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Happy Birthday to our Members ! “Gratulerer med dagen”



Penni Lea Fleming	1	9
Paul C Sevik	1	12
Colby Bowman	1	21

New Member in December

Let us welcome our newest member Heather Walker.
Heather lives in St. Louis.

Different Meeting Place in February

More info to come...

**OVER ZOOM THIS MONTH —
January 8, Sunday, 2 p.m.**

Topic: Shawnee Skogen 5-689 Lodge Meeting

Time: Jan 8, 2023 02:00 PM Central Time

Join Zoom Meeting

<https://us02web.zoom.us/j/82275325204>

Meeting ID: 822 7532 5204



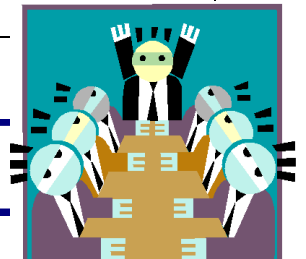
Lodge Programs for 2023

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	Methods for Norwegian language learning and language immersion
February 12	2023		
March 12	2023		
April 09	2023	Anna, Illinois	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	Syttende Celebration— Potluck
June 11	2023		Open to Ideas for Summer Meeting—Road Trip?
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's Home	Lefse Making
December 10	2023		6th Annual Julebörd

2023 Officers

President:	Wendy Winkelman	wendyathadeland@yahoo.com
Vice President:	Open	
Secretary:	Nancy Schick	nancyschick@gmail.com
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
Publicity Dir.:	Nathan Nutter	n@nutter.xyz
Editor:	Wendy Winkelman	
Counselor:	Bill Bultinck	billb763@msn.com
Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Ron Naversen	rnaversen@gmail.com
Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com



Way to Go RON !!!

I've been totaling my yearly walking points and find that I have earned the Bronze, Silver, and Gold Gangemerck pins in 2022. I'm about 1/3 of the way to earning my Enamel pin so I hope to have that in a couple of months!

I'm not as fast as Nancy, but I'm catching up!

Ron Naversen—



What's for McLunch in Norway?

Have you ever waited in the drive-thru line at McDonalds and wondered: what might I be ordering if I were at McDonald's in Norway?

It turns out, Norwegians have some of the same familiar favorites as North Americans, such as Big Macs, Chicken McNuggets and french fries. However, they also have some items that we don't, like the Big Mac Chicken, the Fish McFeast, and the Cheese Tops Burger. Since we are talking about food in Norway, it's not too surprising to see that they have made an effort to make even McDonald's healthier. There are several vegetarian items available. In the Happy Meals, you have the same choices as in North America...and some that feel uniquely Norwegian, like 2 different fish sandwiches and a veggie burger.

Speaking of drive-thru lanes, Norway does have them, but they account for about 40% of total sales versus 65% of McDonalds' business in the US.

Here's a link to check out other menu items you might like to try. Håper det smaker! Enjoy the food!

<https://www.mcdonalds.com/no/nb-no/meny.html>



An Introduction to Norwegian— Stay Tuned for our Program This Month



Before you dive in, it's helpful to understand a little about how *norsk* has developed over the years in order to better understand how to approach your studies.

Norwegian is a North Germanic language, and one of the three Scandinavian languages that are more or less mutually intelligible. That's because they are direct descendants of the same family of Old Norse languages.

While sharing a similar history, Icelandic looks very different when printed on paper or written on the screen, yet when spoken the similarities to the Scandinavian language family become clear.

Norwegian is said to be one of the easiest languages in the world for a native English speaker to learn. The reason is that from a linguistic perspective, the languages share a huge amount: the way verbs work, word order, and a large amount of shared vocabulary.

On that point, Norwegian has a very small vocabulary. Compound words are commonplace, whereby two words are stitched together to make a new one. It's a common practice in English too (think week + day = weekday) but it's much more prevalent in Norway. Also, because of the high English proficiency, English loaned words are easily and commonly absorbed into the language.

Fødselsdagskringle – Birthday Tea Ring

You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4 to 5 hours to raise twice.

Ingredients: For the Dough

1 pkg. active dry yeast 1 Tbsp. water, lukewarm 2 eggs, slightly beaten 2 1/8 cups (300 g) flour 1/3 cup (50 g) sugar 1/4 tsp. salt 1 tsp. ground cardamom (preferably fresh) 7 oz. (200 g) unsalted room temperature butter

For the Filling

5 Tbsp. (75 g) butter 1/3 cup (50 g) sugar 1/2 cup (50 g) raisins 1/2 cup (50 g) citron, finely chopped 1/2 cup (50 g) almonds, chopped



Step 1: Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2: Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3: Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool space.

Step 4: Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch (15 x 86 cm) ribbon.

Step 5: Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

Step 6: Form the dough into a kringle (or ring) shape on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

Step 7: Brush the surface with egg and sprinkle with sugar and sliced almonds.

Step 8: Bake in a 375°F (190° C) oven for 25 – 30 minutes, or until golden brown.

Source: Ekte Norsk Mat – Authentic Norwegian Cooking by Astrid Karlsen Scott

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To JOIN, go to www.sofn.com

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**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/](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.*