



Shawnee Skogen 5-689

Hilsen fra Presidenten Wendy Winkelman

NEXT MTG:
Mar. 12, 2023
2:00 p.m.
DuQuoin, IL

**ALL ARE
 WELCOME!!**

Hei alle sammen

Our February meeting was a hit, with the new location, and the Stave Kirke presentation. Thanks to St. Nicholas Brewery for the excellent food and refreshments. Their patio seating worked perfectly for our group. Thankfully, we had the room to ourselves. We also had two visitors at the meeting who learned about us from our Facebook page. They were from Central So. IL. We hope they continue to join us at future meetings.

The purpose of the new location was to get a little closer to some of our far away members and maybe attract some new members from more central Southern IL locations. If you know any Scandinavians in Central So. IL, please invite them to our meeting this month!

I awarded membership pins to all members who have been members of SON for at least 5 years. Check out page 2 for all the awardees. The top

award goes to Karen P. for being a 50 year member of SON!

Some important upcoming dates include: April 15. The SON District 5 Board will be here. More info to come.

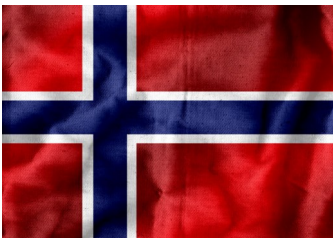
For Syttende Mai, (May 14) our annual celebration will be hosted by Kitty J, Ron N, and Sarah P. The potluck will be on New Thompson Lake in Carbondale. There will be a lot of activities for adults as well as the children.

Amy M. will be having a Rosemaling class on June 11 at Giant City Park. Learning a little rosemaling technique will be fun for all of us.

Ron N. has agreed to do our program this month with a presentation on Thor Heyerdahl. Have you heard of this well known Norwegian?

See you on the 12th!

Tusen Takk.
 President, Wendy



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Happy Birthday to our Members ! “Gratulerer med dagen”



Garrett Nutter	3	3
Trevin Bultinck	3	30

Membership Pins Awarded

Membership Pins were awarded at the Feb. meeting to the following:

Name	Yrs. With SON
Hazel Bliss	8
Kelly F Bliss	5
Bill G Bultinck	17
Michael Frederick Charman	11
Roy N Johnsen	5
Katharine Juul	13
James R Mathewson	9
Amy E McCulloch	5
Ronald A Naversen	5
Karen Compton Pfeifer	50
Constance J Ray	17
Nancy Ruth Schick	11
Jeffery Jorgen Skjeveland	13
Heather C Walker	6
Wendy Kay Winkelman	21

Sports Medal Pins Awarded

Nancy has earned and was awarded another silver & another gold Gangemerke pin. It is only February Nancy! Good Going! She received these medals at the Feb. 2023 meeting.

Nathan has also earned the Idrettshelt Sports Hero Pin for living an active lifestyle. He previously earned the Bronze, Gold, Silver, and Enamel pins in 2022. Both of you are ROCK Stars!

Nathan and Nancy Schick are the only lodge members to have won this new sports pin.

Ron can you explain what the Sports Hero Pin entails?

Congratulations!

Let Us Enjoy our Heritage Together

March 12, Sunday, 2 p.m.

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



Food and drink can be ordered on your own.



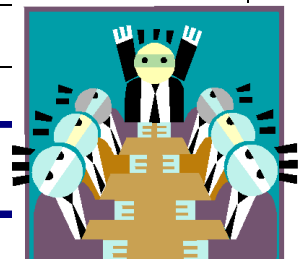
Lodge Programs for 2023

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	Stave Kirke in Norway	St. Nicholas Brewery, DuQuoin, IL
March 12	2023	Thor Heyerdahl & the Kon Tiki	St. Nicholas Brewery, DuQuoin, IL
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	Syttende Celebration (Mother's Day)	Scandinavian Potluck—388 East New Thompson Lake Road., Carbondale, IL
June 11	2023	Giant City, Shelter 3	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	Nathan	Hardanger Embroidery
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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Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com



Social Meeting Minutes—February 19, 2023

These will come under Separate Cover.

Ukjent Arving — Genealogy Mysteries

An unknown caller tells you that a distant relation has left you 5 million kroner (roughly US \$500,000). But you have never heard of this relative- how did they track you down?

What happens when a Norwegian citizen dies without creating a will? NRK tv series *Ukjent Arving* (Unknown Heir) places genealogy at the forefront as host Tarjei Strøm and genealogist Kai-Samuel Vigardt race the clock to locate rightful heirs.

Each year between 10 and 20 Norwegians pass away without a will or any known next of kin. If no heir is found and proven within ten years, the deceased's estate goes to the Norwegian government. Often in the process of searching, the program uncovers poignant details about the life of the deceased, reconnecting heirs with lost family stories.

Do **you** have a genealogy mystery to unravel? The Sons of Norway Cultural Skills unit on Genealogy is great place to begin- log into sofn.com and click Genealogy under the Member Resources menu.

For tips on planning a will, refer to page 10 of your January/February 2023 copy of *Viking*.



**HEATHER K. WILL YOU RESEARCH IF WE
CAN WATCH THIS SHOW FROM THE USA?**

Viking Grave Discovery

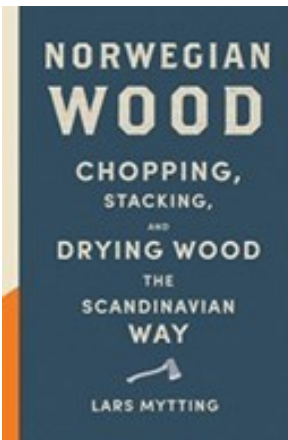


Two cardboard boxes holding metal artifacts found in the Viking Age burial, including knives, a cloak brooch and the remains of a shield. (Image credit: Courtesy of the Cultural Heritage Management Office of Oslo)

An amazing discovery was made in the backyard of a house located in the Holmen neighborhood of Oslo. A new house was set to be built on the lot, but before that could happen, archaeologists were called to excavate the site. Their labors were fruitful as they determined there lay a burial site dating back to the Viking Age.

Among the items found were gravestones, knives, horse equipment, a cloak ring buckle, and an entire wooden shield. All that was left of the rotted wooden shield was its metal center-piece. There were no human remains found at the burial site as it was Viking tradition to cremate the deceased on a bonfire. The items found were just underneath the topsoil.

Sciencenorway.no reported that about 60 Viking graves have been discovered in Oslo. However, this one is significant in that it was the first excavation by a team of archaeologists, rather than construction workers.



Norwegian Wood: Chopping, Stacking, and Drying Wood the Scandinavian Way

by Lars Mytting

Review by Ron Naversen

Norwegians are passionate about using firewood to heat their homes. Lars Mytting has provided a guide for both the professional and amateur woodcutter filling this book with facts and figures, legend and lore, tales and tricks about how to chop down trees, the best methods and measures to haul, split, and stack wood; the choicest times to dry and season wood; the BTU output of different tree species; which wood burns best and when, as well as environmental facts about firewood as a renewable energy source. Mytting includes many humorous anecdotes about weddings and funerals that have been disrupted by “heated” arguments about which axe, or chainsaw works the best, and whether wood should be stacked with the bark side up or bark side down. He notes there is a “wood age” in older Norwegian men who invest a great deal of time and effort in planning and preparing their woodpiles for the coming winter. He also reminds us that firewood is something we need that actually does grow on trees. He shares this simple wisdom about firewood. “Its share price doesn’t fall on the stock market. It won’t rust. It won’t sue for divorce. It just stands there and does one thing: it waits for winter. An investment account reminding you of all the hard work you’ve put into it.”

Mytting includes portraits of eccentric Norwegians and their care and concern to stack their woodpiles in both practical and artistic ways. This is not a book for everyone, but it has become an international best-seller. I found it offered intriguing insights into Scandinavian thoughts and culture. It reminded me that fire and wood are ancient and primal forces which we frail humans have forged a special bond. How many times have we sat quietly listening to the crackle and felt the heat from our fireplace, wood stove, or campfire? Perhaps reading about firewood can teach us something about life and ourselves? Mytting’s writing reminded me of Henry David Thoreau’s reflections on living simply in nature. In *Walden or a Life in the Woods* Thoreau reflects that “Every man looks at his wood-pile with a kind of affection.”

Tom’s Place

Has anyone ever heard of this restaurant? Or perhaps been there? Would you happen to know the chef?

The owner Lasse Sorensen is Danish and he was one of the chefs for the film “Babett’s Feast”. It looks like the restaurant isn’t open on Sundays, by perhaps we could induce him to do some sort of new Scandinavian cooking for us sometime. It might be good publicity for him and us! Who knows, maybe he would join the lodge!

Below is the website for Tom’s Place. Check it out and let me know if you can answer the questions above?

<https://tomsplacedesoto.com/>

Babette’s Feast: [https://en.wikipedia.org/wiki/Babette%27s_Feast#:~:text=Babette's%20Feast%20\(Danish%3A%20Babettes%20G%C3%A6stebud,from%20the%20Danish%20Film%20Institute.](https://en.wikipedia.org/wiki/Babette%27s_Feast#:~:text=Babette's%20Feast%20(Danish%3A%20Babettes%20G%C3%A6stebud,from%20the%20Danish%20Film%20Institute.)

The Three Billy goats Gruff—Try reading Norwegian Version

Suddenly, the big billy goat Gruff came: — Tripp, trapp, tripp, trapp, tripp, trapp, went the bridge. He was so heavy that the bridge both creaked and groaned.

— Who is tramping on my bridge? roared the troll. — This is the big billy goat Gruff! said the goat. He sounded terribly impatient. — Now I'm coming to get you! roared the troll.

— Aye, just you come! I have two spears with which I will poke your eyes out. I have two huge rocks, with which I will crush both marrow and bone! said the billy goat and butted the troll back down into the waterfall.

Then the big billy goat Gruff turned away and went his way over the bridge and up along the path to the pasture, after the other goats.

And so he arrived at the pasture as well. There the billy goats became so fat, so fat that they almost did not manage to go back home.

If they have not lost all that fat yet, then they are still fat. So, snip, snap, snout — this story has come to an end.



Rett som det var, kom den store bukken Bruse: — Tripp, trapp, tripp, trapp, tripp, trapp, sa det i brua. Han var så tung at brua både knaka og braka.

Kven er det som trampar på brua mi? skreik trollet. — Det er den store bukken Bruse! sa bukken. Han var fælt grov i målet. — No kjem eg og tek deg! skreik trollet.

— Ja, kom du! Eg har to spjut, med dei skal eg stinga augo dine ut. Eg har to store kampestein, med dei skal eg knasa både merg og bein! sa bukken og stanga trollet ned att i fossen.

Så snudde den store bukken Bruse seg ifrå og gjekk sin veg over brua og oppetter sætervegen, etter dei to andre bukkane.

Og så kom han til sætra, han og. Der vart bukkane så feite, så feite at dei orka mest ikkje å gå heim att.

Er ikkje alt feittet gått av dei att, så er dei feite enno. Og snipp, snapp, snute, her er eventyret ute!

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To JOIN, go to www.sofn.com

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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/](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.*

Bidos

This is an authentic recipe for the most traditional Sami dish, a stew made with reindeer meat. If reindeer meat is not available it can be made with venison or beef. The recipe was published in the book "Samisk tradisjonell mat", Traditional Sami Foods. The following is a direct translation of the recipe.

Ingredients: Servings: 5

1 kilogram boneless reindeer meat
1 liter water
1/2 onion
4 potatoes
1 bunch scallions
2 carrots
1/2 teaspoon salt
1/4 teaspoon pepper

Directions: Cut the meat into large cubes. Bring the water to a boil and add the meat. Return to a boil and skim off any foam. Add onion and let the Bidos simmer for about half an hour. Add potatoes cut into quarters and carrots cut into rings or cubes. Let the pot simmer about 20 minutes or until the meat and the vegetables are tender. Add salt and pepper to taste. Sprinkle with finely chopped scallions or chives before serving.

Bidos is served in a trimmed soup plate and is eaten with a spoon. Usually served with bread, or "vørterkake", (Malt beverage bread) if available.