



Shawnee Skogen 5-689

Hilsen fra Presidenten Wendy Winkelman

**NEXT
EVENT:
May 14, 2023
1:00 PM**

**ALL ARE
WELCOME!!
Please RSVP**

Hei alle sammen

In April, we did not have an official lodge meeting. The SON District 5 board was here for their spring board meeting. Several of our members came to meet some of the board members at the Davie School Inn, Star View and Blue Sky Vineyards, and Giant City Lodge for dinner. Bill and I thank all of you that attended! I know that we gave our visiting guests a great purview of Southern Illinois.

Last fall, I applied for a SON Cultural Grant. I wanted Shawnee Skogen to have available funds for our rose-maling day in June with Amy M. as our teacher. If you want to see what rosemaling is all about and perhaps start working on your Cultural Skill pin for Rosemaling, join us at Giant City Park (Shelter 1). Learning a little rose-maling technique will be fun for everyone.

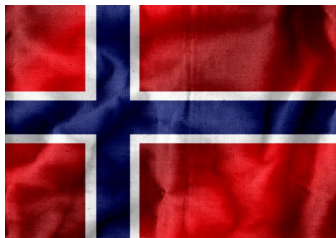
Our next meeting is coming up on May 14th to celebrate Syt-

tende Mai. Our annual celebration is being hosted by Kitty J, Ron N, and Sarah P. The potluck will be on New Thompson Lake in Carbondale starting at **1 pm**.

There should be lots of good food and activities for adults and children to participate in..

See you all soon!

Tusen Takk.
President, Wendy



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Norwegian Rosemaling

www.sofn.com

Part 1: Basic Strokes, Flower Form, and Scroll

Part 2: Completed Design

Part 3: Create an Original Design

Happy Birthday to our Members ! “Gratulerer med dagen”



Amelia Nutter	5	9
William G Bultinck	5	10
Molly Engen	5	16
Allan A Quamen	5	18
Katharine Juul	5	25
Weston Gerth	5	27

10 Year Old, Amelia Nutter, made the cookies from the April news letter! Way to go Amelia!!!





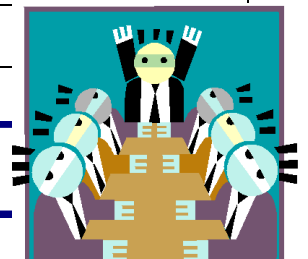
Lodge Programs for 2023

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, Sat.	2023	Anna, IL	The SON District 5 Board will be here. Please read my front page invitation.
May 14	2023	Syttende Celebration (Mother's Day)	Scandinavian Potluck—388 East New Thompson Lake Road., Carbondale, IL (1 PM)
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

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Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com



Social Meeting—Mai 14, 2023 (Note 1:00 PM Start Time)

Syttende Mai 2023

(Norwegian Constitution Day)

Celebration & Potluck

Sunday, May 14th 1:00pm

388 E New
Thompson
Lake Road
Carbondale

RSVP rnaversen@gmail.com
How many people and
what you are bringing

Syttende Mai—Festival of Music

When we think of Norway’s national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem, “Ja, Vi Elsker” will be belted out at some point, but there is much more depth to the day’s soundtrack.

Starting bright and early on *grunnlovsdagen*, choirs and glee clubs will assemble to perform patriotic anthems, including “Sønner av Norge” (Sons of Norway), “Norges Skaal” (To Norway), both previously in use as national anthems. “Kongesangen” (The Royal Anthem) may also make an appearance, which shares the same melody as “My Country ‘Tis of Thee.”



In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.

Modern favorites with warm sentiments for Norway include the sedate “Mitt Lille Land,” (My Little Country) by Maria Mena and “Fedrelandet” (The Fatherland) by Robin og Bugge- both available on YouTube.

Rosemaling — What is It?

Rose-painting, rosemaling, rosemåling or rosmålning is a **Scandinavian** decorative folk painting that flourished from the 1700s to the mid-1800s, particularly in Norway. Our own member, Amy M. is going to help us learn a little bit about this painting style.

Plan on coming to Giant City State Park on June 11 (Shelter 1) 2:00 pm, to try your hand at doing a little painting. It will be a great event to attend—bring your family, do some painting and we can grill some hotdogs.



Shawnee Skogen was given a SON Cultural Grant to purchase supplies for this event. So, come on over to the park!

A Summer Picnic Norsk-Style

June 18th, is International Picnic Day, a day we celebrate one of the greatest ways to enjoy the summer season—an outdoor picnic with friends, family, games and activities, and delicious food. June 22nd is Mid-sommar in Scandinavia and an excellent reason to have a picnic.

A norsk-style menu

- Hot dogs: In Norway, one of the most popular picnic foods is the good old-fashioned pølse, served on a bun with a little mustard.
- Sandwiches: Keep it simple and bring along some salami and hard cheese. A Norwegian favorite is Jarlsberg, also available in America. You will need a cheese knife or planer, the Norwegian ostehøvel. A hardtack like Wasa is typically Scandinavian, and so very healthy!
- Vegetables: Eating healthy is important for young and old alike, so make sure to pack some vegetables. Norwegians love to eat cucumbers, or celery and carrot sticks go great with just about everything.
- Fruits: Fresh berries make the perfect summer dessert, and you may even be able to pick them yourselves. Strawberries and blueberries are the Scandinavian all-time favorites.
- Drinks: You can't go wrong with fresh bottled water, natural fruit juices, or some fresh home-made lemonade.
- Treats: What could be better than a little chocolate? The Kvikk Lunsj wafer is a Norwegian favorite hiking snack. The American equivalent is the KitKat bar.



Song and games: It's not just about food...

- Music: Bring along a guitar, boombox, or iPod to play your favorite songs, Norwegian ones preferred!
- Balls and frisbees: Take something to kick or throw around, and you're sure to have a blast!
- Cards and board games: Both are easy to pack, and the hours will quickly pass by. Old favorites: Traditional games like tag and hide-n-seek require no gear at all, and everyone loves them—how many games like this do you know?

Your norsk-style summer picnic is now planned & ready to go! Ha det bra (have a great time)!

This article originally appeared in the June 29, 2018, issue of The Norwegian American. To subscribe, visit [SUBSCRIBE](#) or call us at (206) 784-4617.

Barnebunader



The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!

Almond Bars

Spruce up your Syttende Mai party with these delicious bars. Great for sharing and enjoying a “taste of Norway.”

1/2 cup butter, softened
1 cup sugar
1 egg
1/2 tsp. almond extract
1 3/4 cups flour
2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. milk
1/2 cup sliced almonds

Glaze:
2 cups powdered sugar
1/2 cup milk
1/2 tsp. almond extract



Photo Credit: Noelle Rulseh

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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/>**

**We're on Facebook
[http://facebook/
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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.*

Almond Bars (continued from Page 7)

Preheat oven to 325° F / 165°C.

Line baking sheets with silpat pads or parchment paper.

In a mixing bowl, cream together the softened butter and sugar. Add the egg and almond extract and beat until mixture is fluffy. Add the flour, baking powder and salt until you have a soft dough. Divide the dough into four parts. Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.

Brush the tops with the milk and sprinkle on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned. While still slightly warm, cut crosswise into 1-inch-wide diagonal bars. Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth. Drizzle glaze over diagonal sections.

Recipe by Noelle Rulseh from <https://www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/>