



Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

NEXT MTG:
May 15, 2022,
2:00 p.m.
Giant City
Park, #1



God dag Members!

What a nice Zoom meeting we had on March 20th. You can read Nancy's minutes on page 4. Please read the minutes each month to find out what is happening at Shawnee Skogen.

We worked on Level 2 of the Music Cultural Skills Pin and we are now tasked with listening to a few more selections of Norwegian composer/musicians. We invite all of you to listen to this wonderful music.

At the meeting we opted out of having an April meeting as it was scheduled on Easter Sunday. So, our next meeting, and Syttende Mai Celebration, will be at Giant City State Park, Shelter #1. The date is May 15th and we will begin at 2 pm.

This gathering, as in the past, will be a Scandinavian Pot-

luck. Please bring a dish to share with lodge members. We will have plates, silverware, and glasses for you.

I am thinking that we need to wave our Norwegian flags around the park, so maybe some of the children can lead us in a "hike" around the Shelter Area!

I'm not sure, but perhaps a Troll will grace us with his presence as well.

If you have any ideas for games, i.e., bingo, klub, jenga, please send them my way. It would be great if a few people could lead these ideas—so everyone has a chance to partake in an activity.

Bill and I are off to sunny Gulf Shores, Alabama for Easter week—so see you May 15th—and please, oh please, listen to some great music this month.

God påske

President, Wendy



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Happy Birthday to our Members ! “Gratulerer med dagen”

Skjeveland Jeffery Jorgen	4	22
Strahm Erica Marie	4	26
Winkelman Wendy Kay	4	27

**Let Us Celebrate —
May 15, Sunday, 2 p.m.— Giant City Park
Shelter 1**

This is a Potluck

Tableware and Water will be provided.

Music Cultural Skills Award Participants— Level 2

The Learning Activity that we have chosen for Level 2 is this:

"Start (or participate) in a Music Exchange Group. Share one or more Norwegian music recordings with members of the group and lodge."

The members who were on our Zoom call have chosen 8 musicians to learn about and then listen to. An email was sent out by Wendy to all members and is posted on our website: Shawnee-skogen.com with the music we listened to and the music we have done research on.

Please take a look and listen to these selections. Enjoy some of your Scandinavian Musical Heritage!

The musicians we listened to were:

Waldemar Thrane	Ole Bull	Edvard Grieg
Johan Svendsen	Lise Davidsen	Thomas Tellefsen
Halfdan Kjerulf	Agathe Backer Grondahl	Johan Selmer
Christian Sinding	Gerhard Schjelderup	Johan Halvorsen

Have you heard of them?



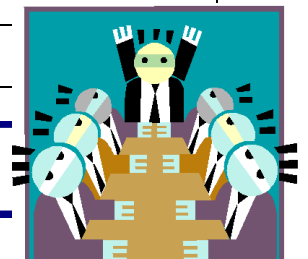
Lodge Programs for 2022

Programs need to be set up for our meetings in 2022. Please send your ideas to the Program Director, Heather Kjellesvik at hkjellesvik@gmail.com.

January 17	2022	Lodge Participation	Zoom Cultural Skills Music #1
February 20	2022	Giant City Park	Girl Scout Troop Presentation on Norway
March 20	2022	Zoom	Zoom Cultural Skills Music #2
April 17	2022	No Mtg	No Meeting as this is Easter Sunday
May 15	2022	Giant City, #1	Syttende Celebration—Julebörd in May
June 5	2022	Carpooling or Meeting there	AROUND THE WORLD” Field Trip to: 2849 Laclede Station Road, Maplewood, MO 7:00 pm (members Nancy & Ann per-
July 17	2022		Open to Ideas for Summer Meeting
August 20	2022	Mike/Jeannell	Centralia Balloon Fest at the Charman’s home
September 18	2022		
October 16	2022		Potential Visit with FBC
November 20	2022	Bill/Wendy	Lefse Making
December 11	2022	Bill/Wendy	5th Annual Julebörd

2021 Officers

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Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com



Social Meeting Minutes for March 20, 2022 via Zoom

Pres Winkelman opens the meeting at 2:09 pm. Present are Ron, Nathan, Christy, Roy and Melody, Randy, Wendy, Bill, Kelly, Penni and Heather. Guest: Juli Bergerud (Nancy Schick's sister). Minutes approved from last meeting.

Old business:

Did anyone answer the questions in the newsletter?

New business.

Wendy has emailed one of the local Carbondale radio stations re advertising, to try to gain more members. We have lost some members.

Nathan has been busy working on lodge communication. A mailing list is difficult to manage because of spam filters, etc., so he's going to a forum. This allows members to share articles and other bits of information. Please contact him if you want to help test this format.

Convention is coming up. Discussion about costs and possible reimbursement for delegates. M/ Kelly S/Nancy to pay \$454 per delegate to convention in June.

Kelly: Shelter 1 is available on May 15th. It's agreed to go there for the May meeting. This will be our Syttende Mai Celebration and Potluck. Make sure you plan on attending.

Social meeting adjourned at 2:39.

Program: Cultural Skill Music II

- Waldemar Thrane (1790-1828). Fjeldeventyret Overture.
- Ole Bull (1810-1880). Violinist. Various violin works in the background of the video.
- Edvard Grieg (1843-1907). Composer and pianist. Former home at Troldhaugen is a museum. Peer Gynt Suite #1.
- Johann Svendsen (1840-1911). Composer, conductor, and violinist. "Romance for Violin and Orchestra"

We each need to pick a composer from the following list: Thomas D. A .Tellefsen, Halfdan Kjerulf, Agathe Backer Grondahl, Johan Selmer, Christian Sinding, Gerhard Schjelderup, Johan Halvorsen, Ole Bull, and any others of interest that were not part of today's presentation. Find a recording (Spotify, YouTube) and send the link to Wendy.

In the recent Viking magazine, there's a Sons of Norway book club. They list two books each month.

Next month's meeting: normal schedule is on Easter Sunday. Because of scheduling problems, we'll skip the April meeting and get together in May.

Meeting ends at 3:24 pm.

Do You Have Retirement Insurance?

Insurance helps replace a financial loss when the unexpected happens. Life insurance helps us make ends meet when we lose a loved one. But what about when the market takes an unexpected downturn?

Annuities can be viewed as a kind of retirement insurance—they offer the stability and predictability of income you can always count on. Call your Sons of Norway Insurance Professional today to find out how you can add a safety net to your retirement plan.

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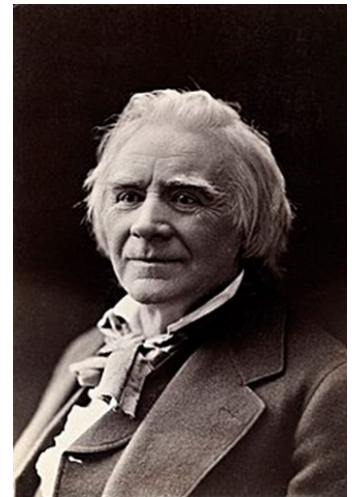
2. Halfdan Kjerulf



3. Agathe Backer



4. Johan Selmer



8. Ole Bull

The Young Flame

Rikard Nordraak was born on June 12, 1842 in Christiania. His family had a piano in the living room, and Rikard starts playing early. In 1850, his cousin Bjørnstjerne Bjørnson, who is in town to study, moves in with his family. Bjørnson observes that the young boy has musical talent.



Yes, We Love «Ja, Vi Elsker»

"Ja, Vi Elsker" extends over an abnormally wide tonal range to be a sing-along. It is overambitious. Many have probably experienced starting as deeply as they can, and still ending up with a squeaky voice at the end of the song. The lyrics are written by Bjørnstjerne Bjørnson. When the poem is to be set to music for the Constitutional Jubilee in 1864, Bjørnson of course gives the assignment to his dear cousin.

The first official performance takes place at the constitutional jubilee, May 17, 1864. The men's choir conductor recounted about the first rehearsal that the song "was immediately beloved and that everyone felt: 'Now, this is our national anthem!'"

The timing is perfect. As Bjørnson says, "Ja, Vi Elsker" inhales the breath of an entire people, a few decades prior to Norway becoming independent.

"Ja, Vi Elsker" quickly becomes the national anthem by virtue of its popularity. At 21 years old, Rikard Nordraak has managed something incredible.

On his deathbed

In November 1865 Nordraak contracts pneumonia. After five months of illness, surrounded by doctors and his landlord, Rikard Nordraak dies on March 20, 1866.

Although we can later read all the praise about Nordraak, his funeral goes unnoticed, and is a testament to a lonely young man. Two people show up at the funeral procession: his landlord and a friend.

New relevance

Beyond the 20th century, Nordraak's ideas gained new relevance when Norway became independent. He is honored with memorials in Berlin, Copenhagen and Oslo, before his urn is moved to The Cemetery of Our Saviour in Oslo in 1925.

In December 2019, "Ja, Vi Elsker" was officially voted Norway's national anthem by the Storting, after having been in use for over 150 years.

Contemporary New Home for Modern Artist

Originally opened on what would have been Edvard Munch's 100th birthday in 1963, the Munch Museum, now simply styled as MUNCH ["moonk"], has moved from its original building near Oslo's Old Town to a spacious and spectacular home on the waterfront. Mirroring the contemporary style of its new neighbors, the National Opera House and the Deichman Bjørvika (National Library), the 13-story high MUNCH resembles a tall stack of papers playfully threatening to collapse. It was opened to an enthusiastic public by King Harald V on October 22, 2021.



Among its treasures, patrons can visit Edvard Munch's most famous composition *Skrik*, known in English as "The Scream," along with several other remarkable pieces, while discovering more about this enigmatic master and his passion for creating art. There is also a gallery devoted to other Nordic artists, musical and theatrical performances, and much more.

Learn more about everything going on at MUNCH at their website: <https://www.munchmuseet.no/en/>

Celebrate your Heritage with this SON 17 Mai Pin & Ribbon

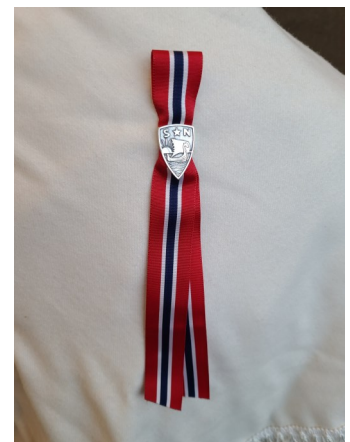
Made in Norway by *Sylvsmidja* of Voss - superior craftsmanship since 1940.

Show your Sons of Norway pride- Wear the sterling silver (.925) pin and ribbon with your Syttende Mai finery or remove the ribbon and use year-round to accent your everyday clothing.

Sylvsmidja ("silversmith") produces traditional *bunadsølv*, the authentic gold and silver brooches, cufflinks, clasps, knives and buttons that make Norway's national costumes shine.

\$55 – Members receive a \$5 discount with current member number
To order, visit <http://sofn.com/SyttendeMaiPin>

Pins will ship in April.



Karsten Warholm, Named World Athlete of the Year



Norway's very own Karsten Warholm was recently named the World Athletics Male Athlete of the Year by the International Athletics Federation. Along with this title, he also became the first-ever Norwegian to receive the award.

Warholm was incredibly successful this past season as is evident by his performance in the Tokyo Olympics. He took gold in the 400-meter hurdles with an incredible time of 45.94 seconds. This time set Warholm's second world record in a one-month span. Even more impressive, World Athletics described the 400-meter hurdles as the "discipline with the sharpest competition in athletics in the 2021 season."

When asked by World Athletics if he could lower the record even more, Warholm responded, "We've pushed the limit very far, but I'm always up for a new challenge." He will certainly be an athlete to keep your eye on in the coming years.

Finnish Whipped Berry Pudding

My mother, Thelma, used to make a dessert she called "Russian Pudding." This was a light, airy, pudding using grape juice which she whipped into a light creamy texture using the electric mixer.

I didn't find her recipe in her old recipe files after she passed away and none of my siblings, cousins, and living aunts had the recipe. I looked online for "Russian Pudding" but found nothing that sounded familiar. I remembered mom cooking the fruit juice in a sauce pan and whipping it in the electric mixer, but I could never get my cooked juice to fluff. I discussed this with my partner Todd, who has a lot of cooking experience, and he said the fruit juice needed a thickener. He did a search online and found a recipe for "Finnish Pudding" that used cream of farina (cream of wheat) to thicken the juice (Russia borders Finland so I guess thought this might be close enough). It was like a light bulb went off in my head! We had cream of farina for breakfast quite often so mom may have used this. I used the recipe Todd found to make a batch and it turned out exactly the way I remembered it! I brought some pudding to Shawnee Skogen members Chris and Carolyn Moe and several other friends.

See the recipe on the backpage of our newsletter. ENJOY.

Ron N

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

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

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



**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.*

Finnish Whipped Berry Pudding

Ron N's Mor's Recipe

Finnish Pudding is a whipped berry pudding traditionally made using lingonberries, cloud berries, or any fresh berry including blueberries, strawberries, mulberries, and blackberries. Bottled juices can be substituted using 3 to 3.5 cups of warm juice.

4 cups Water
2 cups Berries (about 1 pint), save some for garnish (or 3 to 3.5 cups fruit juice)
¾ cup Farina, such as Cream of Wheat (do not use instant).
¾ cup Sugar
2 Tablespoons lemon juice
⅛ Teaspoon salt

Combine water and berries in a medium saucepan bringing to a boil over medium to high heat. Simmer, uncovered, for 15 minutes. Strain the berries, press the solids to make 3 to 3 1/2 cups berry juice. Throw away the solids.

Rinse the saucepan and return the juice. Stir in farina, sugar, lemon juice and salt. Cook over medium to low heat, stirring constantly 2 to 4 minutes until the mixture has thickened slightly. Remove from the heat and cool for 15 minutes.

Transfer the pudding to an electric mixer and beat on low speed for 1 minute. Increase speed to high and beat until the pudding 5-10 minutes until the pudding has doubled in volume with a creamy texture.

Refrigerate until chilled. Serve with whipped cream or garnished with the extra berries. The pudding can be made ahead of time and refrigerated for two days.

