



Shawnee Skogen 5-689



Hilsen fra Vice Presidenten Wendy Winkelman

Special points of interest:

Dec. 8, 2020—

54 members!

PLEASE Continue to :

Recruit, Recruit, Recruit

Please see Wendy for Business Cards to leave around Southern Illinois!

Let us continue to recruit!

NEXT MTG:

January 17,

2:00 p.m.

Over

Zoom

See details

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Members:

God jul og godt nytt år!

Did you get a chance to see all the photos taken at the lefse making gathering? What a fun day it turned out to be. We had 4 children that I think really had fun learning how to roll, grill and flip the lefse. They became experts at rolling and flipping which isn't an easy task to undertake the first time you make lefse.

The decision was made to not hold our annual Julebörd. We were disappointed but we hope to hold it in March instead.

Bill and I are going to Florida for Christmas to spend time with my parents. This week I am trying to make at least 7

different types of Scandinavian cookies. I have my "Swedish Cakes and Cookies" cookbook out and have made 3 types so far. I plan to freeze them and bring along to Florida. Are you baking this season? What are you making?

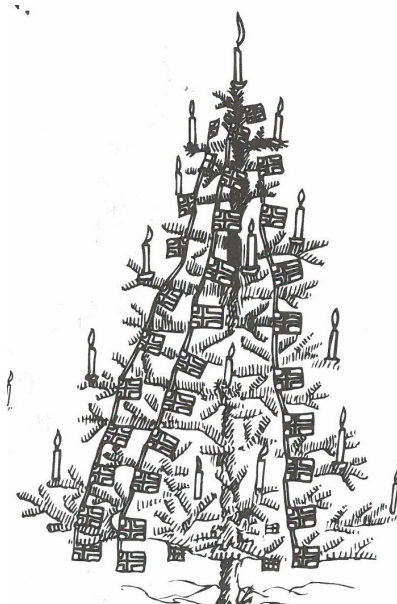
I hope you will all join us for our January meeting over Zoom. We will be installing our new officers (including myself) and our new Vice President, Ann Dolan. A few other new officers will be installed as well, so please join us.

Colby Bowman will be awarding some of our members with

their Sports Medals. If you are one of those members, please make sure you are on the call.

If you are bored sitting at home, remember we have many books and DVDs that you can borrow from the lodge library to watch and/or read. There are many options to choose from.

(Continued on page 5)



Happy Birthday to our Members ! “Gratulerer med dagen”



Hazel Bliss	12	15
Joan Juul	12	17
Tarryn Sevik	12	17
Roy Johnsen	12	19
Judith A Ray	12	23
Colin Engen	12	25
David J Melby	12	28
Debra K Quamen	12	28
Bonnie J Juul	12	30
Ann Dolan	12	31

WOW, LOTS OF DECEMBER BIRTHDAYS!

Lutefisk, lutefisk

Lefse, lefse

We're the mighty Lutherans, Ya, sure you betcha.

(A cheer at Pacific Lutheran Univ. in Tacoma, WA in the 1950's and 1960's. They still use it at The Homecoming football game just for the old-timers.)



2021 Shawnee Skogen Goals

- 1) Obtain 10 new members in 2021 (have you invited anyone to our Zoom meetings?)
- 2) Work on Cultural Skills together as a lodge and obtain pins
- 3) Be in a parade or local event (this may be hard to do this year)

All members need to help work on these 2020 goals



Lodge Programs for 2021

Programs need to be set up for our meetings in 2021. Please send your ideas to the Program Director, Heather Kjellesvik at hkjellesvik@gmail.com.

January 17	2021		Installation of Officers, Award Presentations —Zoom Powerpoint Program
February 21	2021		
March 21	2021	Bill/Wendy	Julebörd in March
April 18	2021		
May 16	2021		Syttende Celebration—Giant City State Park Picnic
June 20	2021	Father's Day	No meeting Summer Break
July 18	2021		Open to Ideas for Summer Meeting
August 15	2021		Open to Ideas for Summer Meeting
September 17	2021		
October 17	2021	Greg Ragan, FBC	Visit with FBC
November 21	2021	Bill/Wendy	Lefse Making
December 5	2021	Bill/Wendy	3rd Annual Julebörd



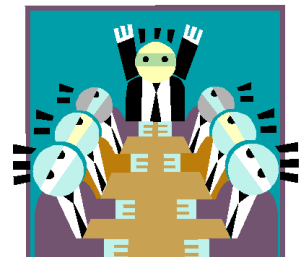
**SONS of
NORWAY**

Celebrating **125** Years

1895-2020

2021 Officers

President:	Wendy Winkelman	wendyathadeland@yahoo.com
Vice President:	Ann Dolan	anndvg@att.net
Secretary:	Nancy Schick	nancyschick@gmail.com
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
Cultural/ Publicity Dir.:	Nathan Nutter	n@nutter@xyz.com
Editor:	Wendy Winkelman	
Counselor:	Bill Bultinck	billb763@msn.com
Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Colby Bowman	90sherwood@gmail.com
Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com



Our Next Meeting — January 17, Sunday, 2 p.m.— on Zoom

Kelly Bliss is inviting you to a scheduled Zoom meeting.

Topic: Kelly Bliss' Zoom **Shawnee Skogen Meeting**

Time: Jan 17, 2021 02:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86059322432?pwd=YXN2OXpaMUJQVkt2djZ4Q1AyREdudz09>

Meeting ID: 860 5932 2432

Passcode: 162062

One tap mobile:

+13126266799,,86059322432#,,,,,0#,,162062# US (Chicago)

+16468769923,,86059322432#,,,,,0#,,162062# US (New York)

Our January Meeting will include the Installation of our New Officers for 2021. Please join us for this important meeting. Sports Medals will be Awarded as well !!!!

Do You Have Retirement Insurance?

Tired of watching the market fluctuate and worrying that your hard-earned retirement savings will disappear? Now is a great time to look at fixed annuities, so you can rest assured your investment will never lose money. But what if you need access to your funds before retirement? No need to worry. Most Sons of Norway annuities offer penalty-free annual withdrawals of up to 10%, giving you the option to access to a portion of your funds to help your family as needs arise during uncertain times. Reach out to your Sons of Norway Insurance Professional to find out more about our annuities.



Sincerely,

Greg Ragan, Financial Benefits Counselor, Sons of Norway

1-815-623-8817 (Office) 1-815-988-5975 (Cell)

www.raganfinancialgroup.com or gragan51@gmail.com or www.sofn.com

Songs from Our Past Tell the Story of Ourselves

Imagine you're stranded on a remote island and you can listen to just eight songs. What would they be?

This question is posed by BBC radio program "Desert Island Discs." The answers inspired researchers to conduct a study.

The findings indicate that when imagining isolation, people choose music reminiscent of the time between ages 10 and 30, when one's identity is being formed. Even Ruud, professor emeritus at the Norwegian Academy of Music, states "The music has a very emotional effect on us... It is therefore well suited to evoke memories and to create the story of ourselves."

The top reasons people cited for their song choices were that the song reminded them of a relationship, a particular time in life, or a major life change.

The findings of this study are very relevant in this time of the coronavirus pandemic, when many people are feeling isolated and uncertain. As winter descends on us, heat up some apple cider in your favorite mug, get cozy on the couch, and bask in the comfort of your own "desert island" favorites.

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I hope you all have a wonderful holiday and that you are able to spend time with your family and celebrate with many Scandinavian traditions.

PS I am making Swedish meatballs with lingonberries for Christmas Eve dinner.

Vice President, Wendy

Missing your Viking Magazine?

Don't forget that your favorite member benefit is available anytime online! The *Viking* magazine digital archive features include:

24/7 Availability

Whether you lost your copy of your favorite issue or just want to read the magazine in a different format, the digital archive is available to members 24/7. It's accessible by logging in with your Sons of Norway credentials and visiting sofn.com/viking.



The Tradition of Seven Cookies

Enjoy a tradition that is rapidly disappearing in Sweden - serving seven kinds of cookies on a tray. It's not for every day, of course, but for special occasions like a Christening party or when you are hosting good friends and family in your home for Christmas

The tradition has been known since the 19th century. In 1720, Stockholm already had 15 so-called “kaffehus” (cafés), where coffee was served with buns in a French manner. From time to time drinking coffee was prohibited in Sweden, and wheat (for baking) wasn't harvested often until the 19th century. When coffee became legal to drink in 1822, it also became a custom to serve “småkakor” (little cookies), but the ingredients in those were usually too expensive for most people.

During the 19th century more and more recipes were developed for cookies and a certain competitiveness was developed between hostesses, which in turn led to the seven kinds of cookies at each visit. Some sources say it refers to the minimum number of cookies considered proper for the kafferep. According to some, the hostess may be considered stingy if she baked fewer than seven varieties and pompous if she baked more than that.

Why seven?

The number seven has had a magical meaning for thousands of years. It might be connected to natural phenomena, like the seven colors in the rainbow. Many cultures through the centuries have supported the cult of the magic number. In Sweden, young maidens traditionally picked seven kinds of flowers to put under their pillows on Midsummer to dream about their husband-to-be. According to mythology, the city of Rome was built by seven kings, and according to Islam, Allah created seven heavens on top of each other. In the first book of the Bible, God created the world in seven days. And later, anyone who dared to kill Cain would “suffer vengeance seven times over.” Seven years of plenty and seven years of famine appear in Pharaoh's dream in Genesis 41, and in Exodus 13 there are seven days of the feast of Passover. The fall of the walls of Jericho takes place on the seventh day after marching around the city seven times. Jesus is known to have had seven last words (or sayings) on the cross. And seven is the number of the wonders of the ancient world.



Julekake—Norwegian Christmas Bread

Russ Parsons

This classic Norwegian Christmas bread makes a terrific addition to breakfast, and it can also be served as a snack or as an accompaniment to almost any meal. The recipe makes 2 loaves and serves about 8, depending on how thickly you slice the bread.

For the Bread

1 1/2 cups milk
 1/2 cup sugar
 1/4 cup shortening
 2 packages active dry yeast (2 1/2 tsp. each)
 5 1/2 cups (23 1/2 ounces) flour, plus more for kneading
 1 1/2 tsp. salt
 2 eggs
 10 ounces candied cherries and candied orange peel, combined 3/4 cup golden raisins 1/2 cup currants



Step 1: In a saucepan over medium-high heat, scald the milk. Remove from heat and add the sugar and shortening. Cool to lukewarm. Add yeast and set aside for 5 minutes to activate the yeast. Stir in 3 cups flour, beat, then add the salt and eggs and beat again. Add cherries and orange peel, raisins and currants. Stir in the remaining flour.

Step 2: On a lightly floured board, knead well until smooth and elastic, about 5 minutes. Place the dough in an oiled bowl and cover loosely with plastic wrap; set aside in a warm place until the dough is doubled. Punch the dough down and let double again.

Step 3: Heat the oven to 375 degrees F. Divide the dough in half and place each half in a greased 9-inch by 5-inch loaf pan.

Bake until browned on top, 25 to 30 minutes. Cool on a rack before icing.

For the Icing

3 Tbsp. milk
 2 1/2 cups powdered sugar
 1 Tbsp. softened butter

In a small bowl, beat the milk with the powdered sugar until the frosting is thick enough to spread. Add the butter and continue to beat several minutes until very creamy. Spoon over top of cooled loaves and let dribble down the sides.

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To JOIN, go to www.sofn.com



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

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



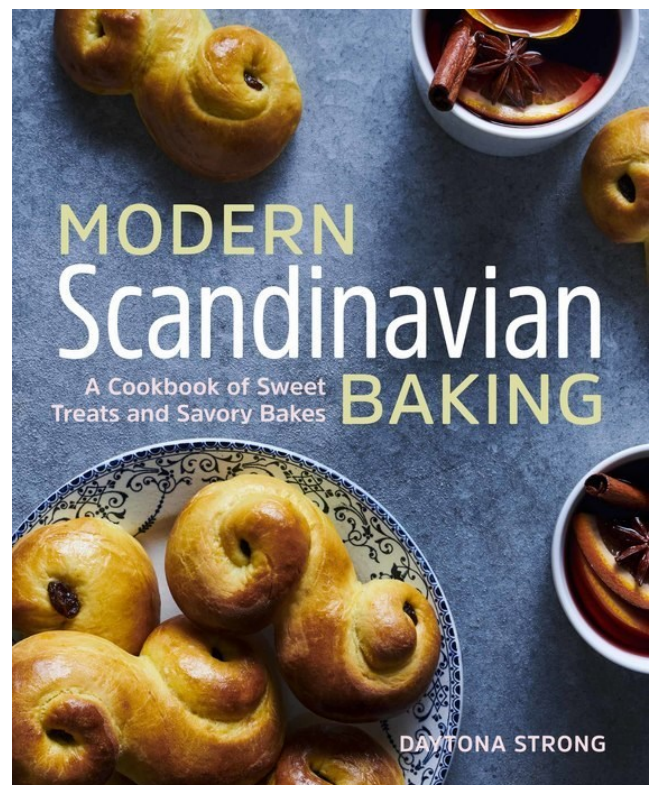
**SONS of
NORWAY**

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.*

A gift for Christmas?

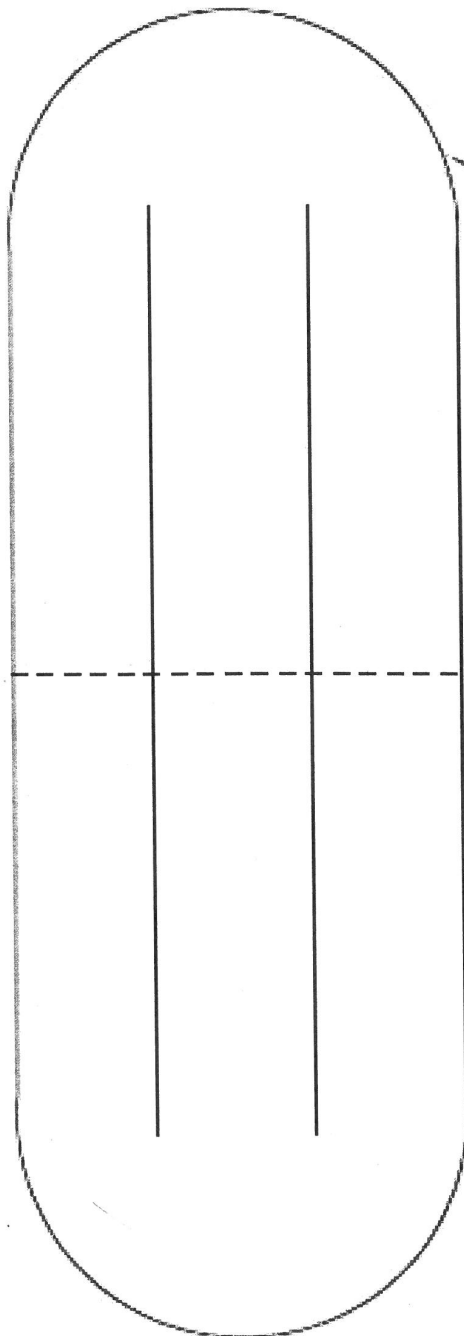
The 60+ recipes reflect the essence of Scandinavian baking—all the love, hospitality, and warmth that I so associate with my heritage. You'll find dozens of traditional Norwegian, Swedish, and Danish cakes, cookies, pastries, and breads, along with some playful interpretations of classics. I've also included some beloved heirloom recipes from my own Norwegian family and my husband's Swedish family.

Hospitality is very important to me, and **it's my hope that this book will help you to share that beautiful Scandinavian-style warmth with those you love**, whether it's as simple as having a neighbor over for tea and cookies or celebrating a special event with a multilayered cake rich with pastry cream, berries, and marzipan.

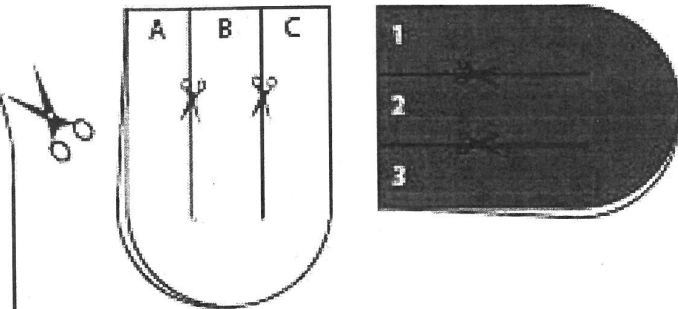


Instructions for Making a "Scandinavian Christmas Heart"

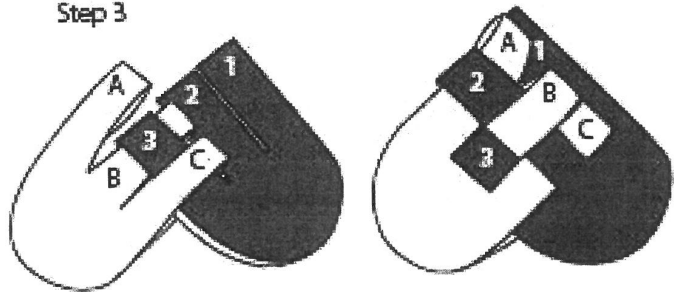
1. Print this sheet out and cut the heart shape from the template below from two different colored pieces of paper.
2. Fold each heart in half on the fold line and then cut the two (experiment with more if you like) strip lines with the folded piece stopping where the line stops.
3. Start to weave the heart as shown in the steps below.
4. Cut a strip of paper for the handle and glue/sticky tape onto the sides for handles.
5. Hang on the Christmas Tree or around the house and you can put special treats inside for the kids (if they have been good, of course) and have a God Jul!



Step 2



Step 3



Step 4

