



Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

NEXT MTG:

**Feb. 20,
1:00 p.m.
Giant City
State Park
Shelter 2**



God dag Members!

I hope you enjoy this newsletter as I have added quite a bit of information about our Nordic heritage.

In January, we met over Zoom and worked on the 1st Level of the Music Cultural Skill Pin. I believe we all enjoyed the meeting listening to several different types of Traditional and Modern Folk Music.

Tusen Takk to members Nancy, Ann and Todd for sharing their Musical expertise!

All who attended the meeting have now earned their first pin. These pins will be handed out at the February 20th meeting.

If you missed this meeting, you can still catch up and earn your pin by contacting me. I will send you the recorded Zoom meeting which you can watch.

We have four new members in Shawnee Skogen:

Charles and Jessica Gerth and their children, Charlotte and Weston.

Charles and Jessica joined us over Zoom and joined the lodge immediately after the meeting! How fun was that. Please invite your friends to join us in the future. This is a great way to attract new members.

Our meeting this month is Feb. 20th. We decided to try Giant City again and hope that the weather will cooperate. We can have a fire in the fireplace and maybe roast some marshmallows!

I'm having some foot surgery on the 16th, so my ektemann will have to drive me to the meeting! Ha Ha.

See you soon!

President, Wendy



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Happy Birthday to our Members ! “Gratulerer med dagen”



| | | |
|-------------------|---|----|
| Todd Brown | 2 | 13 |
| James R Mathewson | 2 | 25 |

Our Next Meeting — Feb. 20, Sunday, 1 p.m.— In Person !

We hope to meet at Giant City State Park again this month. We will kind of play it by ear on the weather. There are fireplaces in all the shelters, so we can hopefully, have it nice and toasty. See you there!

Giant City State Park – 1 pm
235 Giant City Road, Makanda, IL 62958
Shelter 2

Look for more details if the weather looks like it is not going to cooperate.

Look at these Interest Rates !

THOR'S "TOP 10" REASONS To Own A Sons Of Norway Tax Deferred IRA or NON-IRA Nordic Annuity Certificate



- 1 100% **Guaranteed** Safety of Principal
- 2 Interest Accumulates Tax Deferred
- 3 **No** Sales Charges, Annual Fees or Up Front Loads
- 4 **Interest** Payout Options - 30 days From Issue
- 5 **Penalty Free** Withdrawals of 10% Per Year That Carries Over If Unused to 20%, 30%, 40%, etc.
- 6 **Guaranteed** Minimum Lifetime Annual Interest Rate of .15%
- 7 Safety and Security with **125** of Experience
- 8 Proceeds Paid to Heirs **without** going through Probate
- 9 Lump Sum **Payout** at Death
- 10 Highly **Competitive** Renewal Interest Rates

| Current 12 Month Interest Rates | |
|---------------------------------|----------|
| \$10,000 - \$24,999 | = 3.15%* |
| \$25,000 - \$49,999 | = 3.40%* |
| \$50,000 - \$99,999 | = 3.50%* |
| \$100,000 + | = 3.60%* |

*These rates include a 0.75% bonus as of 1-1-22

For more information call:
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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 | | Surprise |
| March 20 | 2022 | | |
| April 17 | 2022 | | |
| May 15 | 2022 | | Syttende Celebration—Julebörd in May |
| June 19 | 2022 | Father's Day | No meeting Summer Break |
| July 17 | 2022 | | Open to Ideas for Summer Meeting (Field Trip?) |
| August 20 (Saturday) | 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



| | | |
|--------------------|--------------------|--|
| President: | Wendy Winkelman | wendyathadeland@yahoo.com |
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| Sunshine: | Bill Bultinck | |
| Sports Medal Dir.: | Ron Naversen | rnaversen@gmail.com |
| Program Dir.: | Heather Kjellesvik | hkjellesvik@gmail.com |

Social Meeting Minutes for Jan. 16, 2022 via Zoom

Meeting called to order 2:00 pm, President Winkelman in chair.

We have two guests today, Charles and Jessica Gerth, who are present thanks to the Nutters. The list of birthdays is read.

Kelly reports that she has done the taxes and will submit them shortly. Bill has been paid for Scandinavian calendars that the lodge purchased.

Nathan has uploaded several pictures and updates to the website. He has also, pursuant to today's program, uploaded quite a few folk songs as well as the Norwegian national anthem.

The Sons of Norway website is offering a WW2 documentary movie online, "The Way North," through February 7. This is free.

There is an upcoming Rick Steves Zoom talk titled "Innovators and Inventions." This is tonight at 7, through the Vesterheim.

District 5 is hosting a Zoom meeting about Creative Leadership. Check the District 5 website or ask Wendy for more information.

Next summer, the Sons of Norway will hold its first convention in 4 years. This will be in Madison, WI, June 15 through 19. We need to elect 2 delegates to attend to represent our Lodge. No further action taken this meeting.

There is a discussion about where to hold the next meeting on February 20. Since the Peachbarn is closed for now, Giant City is considered. If that's too cold, Ron has offered a location in Makanda. There will be updates for this.

Colby graduates from school this week, and he has some job leads.

Meeting adjourned at 2:25 pm.

Social program this month is on the Music Cultural Skill. Many thanks to Nathan and to Kelly for helping with this! Nathan played 6 recordings. These are:

"Pols Etter Kristen hof" A pols is a Norwegian dance form and is a polka.

"Dalakopa med Hodalsbrura"

"Smørligråen Springleik" (solo violin)

"Bruremari frå undredal" Wedding procession music. Violin and organ.

"Solfager of Ormekongent – Gåte"

"Vuoi Vuoi Me" Mari Boine. This is based on Sami songs.

Respectfully submitted by Nancy R Schick, Secretary

The History of Oslo

Nov. 20, 2019 by Andrew McKay



The Oslo of today is every bit a modern European capital. The population is increasing rapidly and tourism numbers have never been so high. So a successful city today, but Oslo's history has had many ups and downs.

The history of Oslo stretches back to the start of the first millennium. The first mentions in Norse sagas date to 1049, but there is evidence proving a settlement existed earlier.

Becoming the country's capital

Archaeologists have discovered graves that indicate there was a settlement in the area around the year 1000, possibly earlier. According to the Norse sagas, the establishment of the city occurred in 1049 when King Harald Hardrada made it a designated Kaupstad or trading place.

During the reign of Olaf III, Oslo grew to be an important cultural centre for the East of Norway. In 1070, the city was elevated to a bishopric. In 1174 a Cistercian monastery was built on the island of Hovedoya in the Oslofjord. The remains can be visited today.

Much of the city was owned by the church. Christianity was a strong influence in building the city and its importance.

In 1299, when King Haakon V came to the throne, he chose to reside in the city. Haakon had previously been Duke of Norway and had formed his power base during that time. So, Oslo succeeded Bergen as the capital of the country.

The King started the construction of the Akershus Fortress across the fjord to the north-west of the city. This was to fortify the city against invasion by Swedes from the North-East.

Losing its status

Tragedy struck the city in 1349 when plague in the form of the Black Death arrived. Half of the city's 3,000 residents died. The church, suffering a loss of income, started to decline. The Hanseatic traders who had started to arrive in the 12th century grew in importance.

Less than 100 years after becoming the capital, Oslo lost its status when the country entered into the Kalmar Union with Denmark and Sweden in 1397. The official capital was Copenhagen and Oslo was relegated to being just another city.

After the breakdown in the Kalmar Union in 1523, the city was briefly capital once more until 1536. Norway and Denmark entered into a personal union and the newly created Denmark-Norway chose Copenhagen as its capital. (more history to come in March)

Now Everybody can travel to Norway

Today marks the first day since early 2020, where the Norwegian border is open to all visitors without having to quarantine. Due to COVID-19, the Norwegian government had to shut its borders and demand self-quarantine for all travelers without the EU COVID certificate. This practice ended at midnight, and now travelers from outside the EU are also free to visit Norway without a 10-day quarantine period.

For Norway, this is great news. A joint Norwegian travel industry hopes this latest change in guidelines will have positive consequences for the entire tourism industry, as international guests are now finally able to visit again.

Acting director for Visit Norway, Audun Pettersen, is excited about the border re-opening: “Welcome back! We have waited so long for this day to come, and we have really missed our visitors from around the world. Finally, people can start to plan their vacations and travel to Norway again. This means so much to us and the entire industry.”

Travelers who come to Norway will still need to test and register upon arrival. This test is free of charge. If you don't possess a valid, digital COVID certificate approved by the EU (documenting that you are fully vaccinated or have been infected with COVID-19 during the last six months), you will have to take a test no more than 24 hours prior to arriving in Norway. If you arrive by air, the test can be taken during the last 24 hours prior to the scheduled departure time of the first flight of your itinerary.

Read more about traveling to Norway and the latest COVID-guidelines: <https://www.visitnorway.com/plan-your-trip/coronavirus-and-travelling-tonorway/> Visit Norway is Norway's official tourism board.

Has Anyone Seen Nancy Schick's new Walking Shoes?



Nancy Schick, Shawnee Skogen Secretary, recently earned the new “Idrettshelt Sports Hero” medal! This is the highest level a person can earn. Take a look at Nancy's “old and new” walking shoes!

Ron Naversen has also earned his Bronze and Silver Gangemerke pins.

Congratulations to both of these AWESOME Sports Medal winners!

Let's get moving Shawnee Skogen! We should all be earning medals as well! For more info, contact Ron N. at rnaversen@gmail.com

January 20, 2022 by David Nickel

The Future Queen of Norway—Princess Ingrid Alexandra

Second-in-line to the Norwegian throne, Her Royal Highness Princess Ingrid Alexandra has just turned 18. Here's her story.

When she ascends to the throne, she will become Norway's second female monarch but the first in more than 600 years. Queen Margaret of Denmark, Norway and Sweden ruled from 1387 to 1412 and founded the Kalmar Union.



An 18th birthday celebration: The day before her birthday, Ingrid Alexandra visited the Norwegian parliament, where she was introduced to their work by Parliament president Masud Gharahkhani. She also visited the prime minister Jonas Gahr Støre and the Supreme Court.

An increasing role for the Princess: The Royal Court announced that Ingrid Alexandra will “carry out an increasing number of official tasks” on behalf of the Royal Family now she has turned 18. She now has office space in the Royal Palace.

However, Ingrid Alexandra is currently studying at Elvebakken upper secondary school in Oslo. The Royal Court stressed that education would remain her primary focus in the years to come. It's assumed the Princess will attend university, but there is yet no information on her intended plans.

Her story so far: Born on 21 January, 2004, at Rikshospitalet University Hospital in Oslo, Ingrid Alexandra is the eldest child of Crown Prince Haakon. She has a brother, Sverre Magnus, born approximately two years after her. Her mother, Crown Princess Mette-Marit, has an older son—Marius Borg Høiby—from a previous relationship.

Ingrid Alexandra was christened in the Palace Chapel on 17 April 2004, and was presented by the King for the baptism. Following Ingrid Alexandra's birth, the well-regarded Norwegian Royal Family experienced a surge in popularity.



Ingrid Alexandra has attended Jansløkka elementary school, Oslo International School, Uranienborg School and now Elvebakken. Her parents chose Jansløkka—a state school—to give her as ordinary a childhood as possible.

The Princess is known to be a keen surfer. She won a gold medal at the Norwegian surfing championship for juniors in 2020.

The Nordic Project

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The Nordic Project is hard at work building teams that are improving profiles **747** views for the Nordic countries, and we would love for you to join us! The Project covers all things Nordic, so no matter where your research interests lay, there is a team for you!

To join, we ask that you:

1. **Read** the [Project Page](#)
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4. **Answer** below introducing yourself and stating your research interests. NOTE: Comments left on this thread will be read, responded to and hidden from view.
5. **Read** and **respond** to the introductory email that will be sent upon receiving the Nordic badge.

Thank you!

Missy Berryann
Co-leader, Nordic Project

<https://www.wikitree.com/g2g/1361782/have-interest-any-nordic-countries-come-join-nordic-project>

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Royal duties to date

Although the Princess will begin to undertake more royal duties now she has turned 18, she has already taken part in numerous events. Together with her grandfather the King, she participated in the opening ceremony of 2016 Winter Youth Olympics in Lillehammer. Ingrid Alexandra has also christened some vessels, including the Norwegian Rescue Company's new lifeboat in her first royal engagement.

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To JOIN, go to www.sofn.com

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**SONS of
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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.*

Norwegian Sweet Soup (Søtsuppe)

(my favorite!)

Søtsuppe (sweet soup) is a traditional Norwegian food that is great for family celebrations. It can be eaten hot or cold and is delicious for breakfast, a snack, or dessert.

Prep Time: 15 Minutes **Cook Time:** 10 Minutes

- 5 cups water
 - 1/4 cup large pearl tapioca
 - 1 cup chopped prunes
 - 1/2 cup raisins
 - 1 cup mixed dried fruit, chopped
 - 3/4 cup sugar
 - 1 tsp. cinnamon
 - Zest from 1 lemon
- 1 Tbsp. lemon juice



Soak tapioca in water overnight. In the morning, add fruit, sugar, cinnamon, and lemon zest. Cook over medium-high heat in a large, heavy-bottomed saucepan until tapioca is clear and the fruit is tender, about 10 minutes. Remove from heat and add lemon juice. Allow to cool. Store in refrigerator for up to 1 week.