



Shawnee Skogen 5-689



Hilsen fra Presidenten Bonnie Juul

Special points of interest:

- Dec. 3, 2019—50 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:

**July 19,
Zoom Online
2 pm
See Pg 3**

Inside this issue:

Birthdays	2
Treasurer's Report	2
Cultural	8-10-
Social Minutes	5
Programs	6
Financial Benefits	7
Recipe	11

The Southern Illinois steamy weather is upon us. It looks as though we will not have a full, live meeting for a few more months. I'm grateful that we are all able to stay connected through social media. It was wonderful spending 17. Mai with those of you who could attend! It was fun going into the liquor store and having them know exactly what we needed (Akavit) and where it was. I especially appreciate the support of our International President, Ronald Stubbing, who joined us for the celebration. What an honor that was!

With people only now starting to get together, it is an opportune time to practice Friluftsliv (<https://www.sofn.com/blog/friluftsliv-and-fitness/>) and enjoy na-

ture. Of course, with as hot and steamy as it is here right now, my strategy is to get out in the early morning hours before the sun comes out.

The Sports Medal program allows for many different activities. So, whatever your favorite things are, you could earn a medal for it. Or perhaps you would like to try something new.

- Idrettsmerke – General Fitness
- Gangmerke – Walking
- Sykkelmerke – Biking
- Svømmermerke – Swimming
- Skimerke – Skiing



If you have any questions about the program, feel free to reach out to Colby Bowman at 90sherwood@gmail.com.

In July, Randy is going to present on old-fashioned, Norwegian calling cards. I'm looking forward to learning about this... and, of course, looking forward to seeing all of you.

Med vennlig hilsen,

President Bonnie

Happy Birthday to our Members ! "Gratulerer med dagen"



Kirsten Sevik	6	2
Leah Rose Engen	6	30
Jeannell Charman	7	5
Christian H Moe	7	6
Michael Frederick Charman	7	12
Mark D Strahm	7	23
James Michel Strahm	7	31

Treasurer's Report

<u>Item</u>			<u>Balance</u>
			\$2,816.21
May-20		Reimbursement to W. Winkelman for lodge Start Up Costs	(\$670.52)



2020 Shawnee Skogen Goals

- 1) Obtain 10 new members in 2020 (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)
- 4) Invite Financial Benefits Counselor to one meeting (this is happening in Oct. 2020)

All members need to help work on these 2020 goals

Our Next Meeting—July 19, Sunday

Kelly Bliss is inviting you to a scheduled Zoom meeting.

Topic: Sons of Norway Shawnee Skogen 5-689

Time: **Jul 19, 2020 02:00 PM Central Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89883113390>

Meeting ID: 898 8311 3390



Show and Tell

Let's have Show & Tell—

Please send me photos of something Scandinavian that you might like to show our members. Perhaps a collection of something, maybe your Grandfathers wood carving or your mothers Hardanger. Do you have a troll you might like to show? What can you think of?

Here's another idea—how about a story about your family? Something you remember about your parents? Grandparents? Family legacy. Family story.

I will try and add all of these submissions to our upcoming newsletters.

In May, Don G. shared his grandfathers paintings. What do you have to share?

Please email your photos to me at wendyathadeland@yahoo.com.

May 17, 2020 Lodge Meeting Celebration and Toast



May 17, 2020 Lodge Meeting Minutes

Syttende de Mai, 2020

There were about 30 members present via Zoom. Intl President Ron Stubbings and his wife Riitta also joined us on this Constitution Day.

President's remarks

Welcome to all. Good to see everyone. What is Syttende de Mai? Bonnie relates a story from a trip her sister took to Oslo in the mid-1980s. At that time, the students were going through "Rus," an annual "rite of passage" for graduating high school seniors.

Mike Charman, who has lived in Norway for quite a few years, relates several stories about his times in Norway. During Syttende de Mai, there is a Children's parade. Gratulere Medagen = greeting. Kids get quite a bit of candy, as well as hot dogs. Then there is a long parade with bands, as a rule, led by the "town crier," who is a lady dressed in bunad. Later, around noon, there's an adults' parade, led by various town officials, with an adults' band. Speeches, about history of 17th Mai, 1814. Constitution was signed at Eidsvoll, and it is a mix of French and American constitutions. In 1905, Constitution was finally put into effect when Norway separated from Sweden. Queen Maude was a daughter of Victoria. Ron Naversen adds that his family was from Brooklyn. They would go back in summers and lived there a couple of years. There were Syttende de Mai celebrations in Brooklyn. His mom's bunad has made quite a journey through the various daughters in the family.

Bill Bultinck: Rus lasts two weeks. H.S. seniors get two weeks of partying. They often rent a bus together and party. They would get the buses in a roundabout and block traffic. Police don't do anything. Final day of Rus is Syttende de Mai.

Mike Charman: 2 types of Rus. Red, Blue, Black. Red rus is for students in a professional track. Blue rus: business track. Black rus: trade school track. The students can tie various items in the tassels on their caps for doing various things, such as mooning someone. True! Mike Charman: everything is being done virtually today. He has posted links to the speeches. No parading. Bands are playing (with social distancing). It is on the Shawnee Skogen page. Fassendes is small town in Norway Mike hails from.

Guest Sandy Ghormley talked about the Swedish Society in St Louis. She grew up in Wisconsin and is past president of the Norwegian Society of St Louis.

Ron Stubbings observes that it's great that we can do this via Zoom. Syttende de Mai is a very special day. It's not Independence Day; it's Constitution Day.

Connie Kross, Zone 5 Director within District 5, just joined the group and wishes the Lodge a good Syttende Mai. She is the Zone 5 director within District 5.

Wendy Winkelman: Lodge charter arrived this week. Pins will be sent out shortly.

Meeting adjourned. Respectfully submitted, Nancy R Schick, Secretary



Southern Illinois

Lodge Programs for 2020

Programs need to be set up for our meetings in 2020. Please send your ideas to the Program Committee, Bill Bultinck, Ron Naversen and Kitty Juul.

January 19	2020	Bonnie Juul	Norwegian Language
February 9	2020	Mike Charman	My Norwegian Story—Come listen to member Mike C talk about his life in Norway, England, and working on a Norwegian Cruise ship!
March 15	2020		Meeting Cancelled
April 19	2020	Don Gulbrandsen	My Grandmother's 1938 Tribute to Norway (Zoom)
May 17	2020	Kelly/Wendy/Colby	Syttende Celebration on Zoom (Norsk Bingo)
June	2020		No meeting Summer Break
July 19	2020	Randy Moe	Carte de Visite (Visiting Cards) (on Zoom)
August	2020		Suggestions?
September 20	2020	Mark ?	Asatru
October 18	2020	Greg Ragan	Financial Health
November 15	2020		Lefse Making
December 6	2020	Bill/Wendy	3rd Annual Julebörd



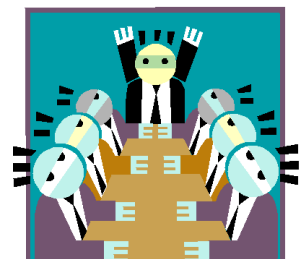
**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

2020 Officers

President:	Bonnie Juul	bonniejuul@gmail.com
Vice President:	Wendy Winkelman	wendyathadeland@yahoo.com
Secretary:	Nancy Schick	nancyrschick@gmail.com
Asst. Secy:	Wendy Winkelman	
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
Cultural Dir.:	Don Gulbrandsen	gulbrandsend41@gmail.com
Publicity Dir.:	Kelly Bliss	
Editor:	Wendy Winkelman	
Counselor:	Bill Bultinck	billb763@msn.com
Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Colby Bowman	90sherwood@gmail.com
Program Committee:	Bill B., Kitty J, Ron N.	



THOR'S "TOP 10" REASONS

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 1.15%
7. Safety and Security with 125 Years of Experience
8. Proceeds Paid to Heirs without going through Probate
9. Lump Sum Payout at Death
10. Highly Competitive Renewal Interest Rates



<u>Current 12 Month Interest Rates</u>		
\$10,000-\$24,999	=	3.65%*
\$25,000—\$49,999	=	3.90%*
\$50,000—\$99,999	=	4.00%*
\$100,000+	=	4.10%

* These rates include a 1.25% bonus as of 4/1/2020

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

Membership Tip

from District VP, Kathy Secora

We see a number of lodges who have Adopted a Highway. In Wisconsin at least, they sign up through the Department of Transportation. This allows members to do a community service project and your sign with the lodge name stays up year round and is seen by motorists! There is a training video, safety procedures and supplies that need to be used. Great way to get the word out about Sons of Norway and that we volunteer in the community.

Would anyone volunteer to look into something like this? Please let Bonnie or Wendy know if you would like to volunteer. Tusen Takk.



Photo from Mike and Jeannell Charman's boat in Norway—notice the rainbow!

The Norwegian Alphabet

<https://www.lifeinnorway.net/norwegian-alphabet/>



The Norwegian alphabet has three extra vowels that English speakers must master. Here's everything you need to know about Norway's 29-letter alphabet.

It might be a surprise to some, but the Norwegian alphabet is slightly different from the English one. Whereas the Latin-based modern English alphabet has 26 letters, the Norwegian version has 29.

Of the 26 letters that are the same, some are only used in “loan words”, i.e. foreign words that are used in everyday language. The letters c, q, w, x and z are almost never used in Norwegian words.

The new vowels

Norwegian has a total of eight vowels. They are the five we have in English, along with æ ø and å. In upper case they are written Æ Ø and Å.

Æ Ø Å
æ ø å

The key to getting your head around these three new letters is actually quite simple. Rather than brand new letters, just think of them as letters that represent sounds that we already have in English. More or less, anyway.

The Æ is pronounced like the *a* in “sad.” This contrasts with the Norwegian a which has a longer sound, more akin to the English *ah*. The Ø is pronounced like the *ur* in “turn.” Finally, the Å is pronounced like the *o* in “lord.”

Writing the extra vowels in English

Because the extra letters are rare, there are official alternatives available for users of foreign alphabets and keyboards. They are as follows:

Cont. from Pg. 7

æ = ae

ø = oe

å = aa

For example, the name of the Ullevål district in Oslo is sometimes spelled Ullevaal. Many Norwegians use these terms interchangeably, and in some cases choose the international spelling. For example, the name Pål is often spelled Paal.

One reason for the differentiation in the spelling of names comes from history. The Swedish letter å officially replaced aa in Norwegian in 1917. While most words now use å, personal names and historic places often retain 'aa' simply due to tradition.

Pronunciation of Norwegian letters

This isn't a language course so we won't go into detail about the pronunciation of every letter. To cover that topic properly would require an entire book! However, we can touch on some important principles.

I've already covered the pronunciation of the three additional vowels, above. But there's another important element to vowel pronunciation. The consonants immediately following the vowel change the pronunciation of the vowel.

More specifically, a double consonant after a vowel means the vowel has a short sound. A single consonant gives the vowel a longer sound. The difference is a subtle, yet important one.

As with all things language related, the concept is best illustrated with an example. Take the two words **tak (meaning roof)** and **takk (meaning thanks)**. **The first has a longer vowel sound whereas the second is shorter, as follows:**

Tak: *taahk*

Takk: *takk*

Another difference to note is the pronunciation of the letter **y**. This arguably differs from English more than any other letter. We've often heard this explained as follows.

Shape your mouth as if you are about to say "ooooh". Keeping your mouth in that position, say "eeee." Yes I know that sounds ridiculous, but it gives you a decent approximation!

Accents on Norwegian words

Norwegian uses almost no acute accents or other differentiators to the basic alphabet. That being said, there are a couple of exceptions. Aren't there always!?

A Note from Doris Kamstra, Membership Mgr and SON Member

Dear Member: During recent weeks, we've all been staying closer to home. It's a good time to embrace the Norwegian tradition of *koselig*—a sense of coziness and warmth that enhances your contentment and happiness.

To achieve a feeling of *koselig*, you'll need *koselig* things. That might include adding candles at a simple family dinner or playing a favorite game together. You can even add an extra touch of coziness by listening to the folk music of Norway.

One of our newest members said **"I like the fact that the community keeps their culture alive. It's nice that the music and the dances are being passed on to the next generation."**

Member, it's exciting to be part of an organization that treasures Norwegian culture and heritage! Did you know you can invite friends or family members to join Sons of Norway, no matter where they live? They can join Shawnee Skogen or one of more than 300 local lodges. If you have family or friends who would enjoy learning about traditions like *koselig*—and living them—I ask you to invite them to join us!

Please be sure to give your member number to those who are interested in joining. It's easy for them to join online using our secure website. Direct them to www.sofn.com.

This year we have welcomed 2,631 new members through May 31. You have my thanks for your continued membership and all you do, including welcoming and supporting fellow members!



Cont. from Pg. 9

The most notable is the acute accent in the word *allé*, which means avenue. An accent is also sometimes used on the word *en* to distinguish between *én gutt* (one boy) and *en gutt* (a boy).

One final example? Go on then. Note the difference between *armen* (the arm) and *arméen* (the army). In this case, while the spelling is different, the accent helps to differentiate the pronunciation. Note that the accent used on any loanwords is optional. Another less common example is how accents can change the word **for**. Credit to [Wikipedia](https://en.wikipedia.org/wiki/For_(disambiguation)) for this detailed example:

for (preposition. *For* or *to*, Bokmål and Nynorsk)

fór (verb. *Went*, in the sense *went quickly*, Bokmål and Nynorsk.

før (noun. *Furrow*, only Nynorsk)

fôr (noun. *Fodder, feed, fodder*, Bokmål and Nynorsk)

If you are serious about getting to grips with the Norwegian language, the alphabet is a great place to start! If you're interested in a full online course, check out the offerings from our friends at [Norwegian Class 101](#) or [The Mystery of Nils](#).

Sons of Norway Shawnee Skogen 5-689
Bultinck/Winkelman
6525 Water Valley Road
Cobden, IL 62920

Phone: 618-534-0318
E-mail: wendyathadeland@yahoo.com

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.*

Midsummer Picnic Potato Salad

Daytona Strong

- 1 1/2 lbs. bite-sized Yukon Gold potatoes (Servings 6)
 - 3 T sour cream
 - 3 T mayonnaise
 - 2 T whole grain/stone ground mustard
 - 1 T distilled white vinegar
 - 1/2 Tsp. salt or to taste
 - 8 radishes thinly sliced
 - 1/2 cup chopped cornichons
 - 1/2 cup chopped fresh dill
 - 2 T chopped fresh chives
- Chive blossoms for garnish (optional)

<https://outside-oslo.com/tag/norwegian-recipes/>



Instructions

Place the potatoes in a medium saucepan with generously salted water. Place over heat and bring to a boil. Boil gently until tender, about 15 minutes. Drain and let come to room temperature while you make the dressing. In a medium mixing bowl, whisk together the sour cream, mayonnaise, mustard, and vinegar. Give it a sample and add salt to taste. Add the potatoes and stir to coat. Add the radishes, cornichons, dill, and chives and stir gently one last time. Transfer to a serving dish and garnish with chive blossoms, if using. Serve at room temperature.