



Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

NEXT MTG:

**May. 16,
2:00 p.m.
Giant City
State Park
See details**



God dag Members!

This month we will be meeting in person for the first time since last October. This will be something we all need I think – to be back seeing each other in person again.

Although, Zoom really has served our lodge well with helping us to still get together, it just hasn't been the same as when we were meeting at the Peach Barn.

On that note, I want to tell you that our membership has dropped. We have lost several members because of the pandemic, but, I'm hopeful that we can now start growing again.

We do have one new member this month, Todd Brown. Let's all

welcome him to Shawnee Skogen at the picnic!

Our lodge Celebration Picnic was announced in the Anna Gazette newspaper yesterday which is fantastic. If we can get the word out that we are in So. IL – maybe we can find some more Scandinavians.

I still carry around two signs in my car which I had wanted to hang somewhere in the Carbondale/Murphy/Marion area, but yesterday the City of Carbondale said signs were not allowed on their streets (i.e., on electric poles, trees). If anyone knows where I could possibly hang these signs, please let me know.

Bill and I hope to see all of you the 16th. We hope to have



some activities, along with maybe a hike through the park and some wonderful food to enjoy.

President, Wendy



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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

Our Next Meeting — May 16, Sunday, 2 p.m.— In Person !

This will be our annual potluck, so please bring something Scandinavian to eat if you can.

The location will be:

Giant City State Park – 2 pm
235 Giant City Road, Makanda, IL 62958
Shelter 3

The shelter is reserved for the day, so you can come any-time between 8 am until 10 pm.

Bring your friends, neighbors, and other Scandinavians! Prepare to wave your flag for Norway and have some fun just seeing each other in person again. The tables are spread apart nicely, so people can distance if they would like.



Films of Norway

Films of Norway is an internet streaming service with a wide variety of Norwegian movies and TV series offered through a budget-friendly monthly or annual subscription. Enjoy full-length films, documentaries, children’s programming, food/cooking shows and much more. New titles are added to the selection of available offerings every week. Watching these programs is a fun way to learn about Norwegian culture and improve your Norwegian language skills.

Sons of Norway members worldwide are entitled to 1 free week and 25% off the regular monthly or annual subscription rate by using the **discount code SON2017** on the Films of Norway website. It might be fun to try this!



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.

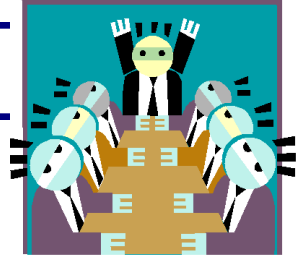
January 17	2021		Installation of Officers, Award Presentations —Zoom
February 21	2021	Ron N	Program on Jacob Riis
March 21	2021		Surprise Program
April 18	2021		
May 16	2021		Syttende Celebration—Julebörd in May
June 20	2021	Father's Day	No meeting Summer Break
July 18	2021		Open to Ideas for Summer Meeting (Field Trip?)
August 15	2021		Open to Ideas for Summer Meeting (Field Trip?)
September 17	2021		
October 17	2021	Greg Ragan, FBC	Potential Visit with FBC
November 21	2021	Bill/Wendy	Lefse Making
December 5	2021	Bill/Wendy	4th Annual Julebörd



2021 Officers

President:	Wendy Winkelman	wendyathadeland@yahoo.com
Vice President:	Ann Dolan	anndvg@att.net
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Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Colby Bowman	90sherwood@gmail.com
Program Dir.:	Heather Kjellesvik	hkjellesvik@gmail.com

Social Meeting Minutes for Apr. 18, 2021



Meeting called to order at 2:05 PM. Present are Roy Johnsen, Melody Johnsen, Nathan Christine Nutter, Ann Dolan, Heather Kjellesvik, Wendy Winkelman, Bill Bultinck, Kelly Bliss.

Opening Ceremonies

Welcome to Sons of Norway Shawnee Skogen Lodge 5-689, We are gathered together to celebrate the heritage and culture of Norway, both past and present. We are also here to enjoy the fellowship that is a vital part of our lodge. Let us begin with the Pledge of Allegiance and the Norwegian National Anthem Video.

Introduction of guests: Elizabeth Oleson

<u>Birthdays</u>	Jeffery Jorgen Skjeveland	4	22
	Erica Marie Strahm	4	26
	Wendy Kay Winkelman	4	27

Sunshine report

Heads or Tails: Melody Johnsen winner

Approval of Social Meeting Minutes: M/Roy, S/Ann approve. MCU

Approval of Treasurer's Report: \$125 check deposited last month.

VP Report: Nothing to report

FYI: April 9, 1940: was the invasion of Norway by Nazi Germany

Old Business

More advertising in newspapers

New Business

Nathan shows off the new website. If any of us has something to post, we can talk with him and he can walk us through the process.

Mailing list, on the website. Nathan has created 3 lists: "announce," "board," and "discuss." Sign up for these from the website. For an email "blast," send an email to discuss@lists.shawnee-skogen.com.

Next Meeting: May 16, 2021 This will be a potluck, so bring something to eat!

Giant City State Park – 2 pm

235 Giant City Road, Makanda, IL 62958

Shelter 3

Reserved from 8 am until 10 pm

Adjourned at 2:42 PM

Program – Presentation "Spring in Norway" - Heather Kjellesvik

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 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

Current 12 Month Interest Rates

\$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 5-1-21

For more information call:

Greg Ragan

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Visit my website at:

www.raganfinancialgroup.com

Sincerely,

Greg Ragan, Financial Benefits Counselor, Sons of Norway

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Have you heard the news?

Sons of Norway's 2021 new member campaign has launched! Invite a friend or family member to join our lodge today!

Nicole Kidman to star in Series Based on Award-Winning Nor-

Emmy and Oscar winner Nicole Kidman is set to star in a television series based on an award-winning Norwegian film. Written by Maria Sødahl, the film is titled Hope.



Similar to the film, the series depicts the undoing of a family over twelve days of their Christmas together, but also encapsulates the idea of falling in love again.

Hopes are high for the series as the film was selected at this year's Oscars as the Norwegian entry for Best International Feature Film.

In addition to this acclaim, the film also won the European Cinemas Label award for best film in the Berlin Film Festival's Panorama section.

Not only will Kidman be a leading actress in the series, she will also serve as executive producer. With elements such as humor, mystery, and suspense, the series written by Alice Bell will eventually be available on Amazon Prime.

Chocolate Cardamom Ice Cream (had to put this in this mo. too)

What better way to celebrate Syttende Mai than with some delicious homemade ice cream!
Submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

1 cup milk
1/2 cup good quality cocoa powder
3/4 cup sugar
2 cups heavy cream
pinch salt
1/4 tsp. ground cardamom

Directions

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it's time to make the ice cream. Using an ice cream maker (and ensuring that your core is nice and frozen), pour the ice cream base in and churn per the manufacturer's instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl).

Place in the freezer for at least 8 hours and enjoy.



Celebrate Syttende Mai

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

Attire

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying "Gratulerer med dagen!" (Congratulations on this day!) or "Hurra for Syttende Mai!" (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit—often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurra for Syttende Mai!



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To JOIN, go to www.sofn.com

We're at:
<http://shwnee-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.*

Whipped Lingonberry Troll Cream (*Trollkrem*)

1/2 cup lingonberry jam
2 egg whites
1/8 teaspoon freshly-ground cardamom
1/8 teaspoon ground cinnamon
1/4 teaspoon Scandinavian vaniljesukker or vanilla extract
Mint leaves, for garnish
Fresh or frozen lingonberries, for garnish (optional)



Add jam and egg whites to a large bowl and beat vigorously until the ingredients have at least quadrupled in size, maybe even more—you're looking for a pale, fluffy cloud. This should take at least four minutes using a stand mixer, longer if you're using a hand mixer. Add the cardamom, cinnamon, and vanilla and beat it a moment more to combine. Garnish with mint and lingonberries if using, and serve immediately.