

Shawnee Skogen 5-689



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:

Oct. 18,

Zoom

2 pm

See Pg 3

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Hilsen fra Presidenten Bonnie Juul

Dear Board and Lodge Members,

I had hoped that after dad's passing I would have more time to participate. However, with the intricacies of owning a small medical practice during COVID-19 rules and regulations, things have gotten even more challenging for me. I have communicated this to Wendy over the past few months. Last month I had indicated to her that I would resign if I wasn't able to figure things out.

As of now, there likely won't be a resolution until the effects of the pandemic are fully resolved.

As such, it would be best that I resign as President of Sons of Norway. This will be effective immediately. I will deliver

the club materials to one of the board members prior to or at the next meeting.

The way I understand it is that Wendy then becomes president.

I hope you will be able to support Wendy and Bill in keeping things moving forward.

Yours,

President Bonnie

Hello All, As VP, I want to thank Bonnie for all that she has done for Shawnee Skogen. We are going to miss her leadership but will continue to hopefully see her at upcoming meetings.



Our FBC was scheduled to drive down from his No. IL home this month but we are going to reschedule him to next spring sometime where we can meet him in person.

(Continued on page 7)

Colby setting up the "snack" blanket



Happy Birthday to our Members ! "Gratulerer med dagen"



Strahm Cheryl	10	9
Johnsen Melody	10	15
Bliss Kelly F	10	22

How will you be celebrating Leif Erikson Day on October 9? Will you fly the Norwegian flag? Will you eat lefse? What will you do? Post a picture on our Shawnee Skogen Facebook page! It will be so fun to see how everyone chooses to honor this famous Viking!



Treasurer's Report

		<u>Balance</u>
<u>Item</u>		\$3,405.02
Aug. 2020	Membership Dues	215.00
Aug. 2020	Membership Dues	56.00
Sept 2020	Membership Dues	67.00
Sept 2020	Norwegian Calendars	60.00



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 Spring 2021**)

All members need to help work on these 2020 goals

Our Next Meeting — Oct. 18, Sunday, Zoom Only

Kelly Bliss is inviting you to a scheduled Zoom meeting.

Topic: Shawnee Skogen

Time: Oct 18, 2020 02:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83856840934>

Meeting ID: 838 5684 0934



Who Did Queen Elizabeth See on her First Royal Visit?

Just over 65 years ago, in June 1955, the newly enthroned Queen Elizabeth made her very first State Visit. Her destination on that historic journey? The Kingdom of Norway. The reason for the visit was twofold: Officially, the Queen's visit reinforced the already strong diplomatic and military ties between the two countries. Norway and the United Kingdom have had robust trade relations since the 1700s, and the Queen's visit helped secure favorable trade agreements between the countries. Additionally, the two nations were important allies during World War II.

On a more personal level, the royal families of Norway and England have shared a strong and enduring friendship over several generations—and perhaps not coincidentally, they also share a number of family ties. Most prominently, Queen Elizabeth is a second cousin to King Harald V of Norway, who was still Prince Harald at the time of her 1955 visit and did not take the throne until 1991. In 1955, Norway was ruled by Harald's grandfather, King Haakon VII.

Sept. 20, 2020 Lodge Meeting Minutes

Present:

At Winery: Wendy Winkelman, Bill Bultinck, Nathan Nutter, Brad McCulloch, Amy McCulloch, Colby Bowman, Mike and Jean-nell Charman, Al & Deb Quamen; Colby has brought guest today.

Via Zoom: Ron Naversen, Don and Maureene Gulbrandsen; Roy and Melody Johnsen, Nancy R Schick

Absent: Bonnie Juul

- Bill is chairing today's meeting.
- Pledge of Allegiance
- No President's report today.
- Since elections are in November, we need a nominations committee, and neither Bill nor Bonnie are eligible to serve. Nominations are in October. Unopposed positions can be retained for an additional year, but at the end of two years, the incumbent is ineligible to run again. Amy McCulloch, Brad McCulloch, and Colby Bowman volunteered to serve on the nominating committee.
- We have ordered calendars; selling these for \$10. Have 4 that are not reserved. These go quickly.
- VP report: we have lost some members. We have a goal of getting 10 new members. October's meeting will hopefully be at the winery; November and December will be at Winkelman/Bultinck's.
- Photo contest card decks are finished and are being distributed.
- Mike C: Brunost is a snack that school children often have when getting home from school.
- New Business: none

"Show and Tell":

Bill: Scandinavian tine ("tina"). Wood storage box. This one has fjord horses on it as decoration as well as latching mechanism. Walnut and zebra wood. Bentwood boxes date back to 40 AD or so. Also called "snap box" because they snap shut. Bill's is made by a local man in Anna, IL. Mike said that back in Viking times, these could be quite large. Used to store flatbread on long trips. English contains many Scandinavian words and there are many place names in England that come from the Vikings.

Mike: holds up an object that resembles a log needle or knife. It's for getting the meat out of crab claws. "Crab forks." This one is 2-ended.

Nathan: knife and sheath from Norway

Wendy: trivets. All about 6x6. Colorful pictures on each one of them.

Al has a necklace with Thor's hammer on it.

Ron: nice small box with rosemary on the outside. His mom kept baby pictures in it. There is still a sardine key in it.

Don: a small wood box from his grandmother. Came from Oslo; made during the 1,000 year celebration of Oslo.

Wendy is wearing a busserull, bought in Norway. This is a traditional work shirt.

Amy: phone book of student population from going to school in Sweden.

Colby: from playing hockey, has his first hockey helmet, painted in the colors of the Swedish flag.

Next meeting is on October 18th at winery.

Respectfully submitted by Nancy R Schick, Secretary

Not Everything Costs More in Norway

As visitors to Norway are routinely cautioned, prices there tend to run high compared to markets in North America and many other parts of the world. But not everything in Norway comes with sticker shock, and some things even cost less than they do elsewhere. Here are a few examples.

Fresh seafood

Thanks to Norway's robust fishing industry, fresh salmon is relatively inexpensive, as well as other kinds of seafood and sushi.

Air travel

Airline tickets from the US to Norway are often quite affordable compared to other international flights, and so is travel between Norway and other parts of Europe.

Store brand food items

Food and groceries are notoriously expensive in Norway, but most supermarkets offer very affordable store brand versions of common food staples.

Diapers

Due to a long-simmering price war between manufacturers, diapers in Norway are dramatically cheaper than they are in the US and many parts of Europe.

Camping

Camping is free and legal almost anywhere in Norway, making budget-friendly travel an option for those who are willing to rough it.

Show Your Nordic Pride This Foundation Month!

October is Foundation Month, which is a great opportunity to show your Sons of Norway pride! Gifts to the Sons of Norway Foundation showcase our Nordic culture and humanitarian spirit through grants, and highlight our passion for education through scholarships.

Now more than ever, it's important that we all be a part of something bigger. You can make a difference by giving to the Sons of Norway Foundation this fall. Learn more about the Foundation online at sofn.com/foundation.

Sept. 20, 2020 Recipes

YUM!

This recipe is from member Amy McCullough:

This is the only seemingly accurate recipe I could find. I ended up doubling it, and I used about 3/4 can of cocoa to get it silky. It really came down to consistency and flavor. I recommend serving them chilled. I'll keep searching for a recipe in English that is a little more concise.

Arrak Balls (makes approx.. 20)

100 g (7 T) butter or margarine softened
1 dl (1/2 c) sifted powdered sugar
1 tsp vanilla sugar or ½ tsp vanilla extract
Tablespoons sifted cocoa
Around 3 dl (1 ¼ c) cookie or cake crumbs
Arrak extract or Swedish "Punsch" liqueur to taste

Garnish:

Chocolate sprinkles or chopped toasted almonds



Beat the butter, sugar, vanilla and cocoa until light and fluffy. Stir in the crumbs. Add arrak extract to taste.

Refrigerate at least 30 minutes. Form into small round balls. Roll in chocolate sprinkles and chopped nuts. Place in small cups and refrigerate until serving time. Refrigerate leftovers.

Who Were the Real Vikings?

Maureene Gulbrandsen & Randy Moe

Member Maureene G. was doing some research and found that the Viking community was made up of free people and slaves.

Some of the slaves were other Scandinavians. Many of the Viking raids were to capture more slaves. Some slaves were later freed.

So the Vikings had a three class system—made up of free, slave and former slaves. Each had it's own place in society. Maureene and Don G. thought this was quite interesting.

Has anyone else heard of this before? Maybe you would like to do a little research on your own as well! Check out this article that Randy found!

<https://www.msn.com/en-us/news/world/who-were-the-real-vikings/ar-BB19p18j>

Recipes Continued



This recipe is from members Amy and Brad McCullough:

I used this recipe for the Punsch. I had to modify though. I could not find arrack, so I used anise extract. You could sub ouzo. I chose this particular rum because it advertised having strong notes of molasses. The run itself was very earthy, not too spicy. We found it at Speakeasy in Marion.

Swedish Punsch

Swedish Punsch is a liqueur made from arrack (a rum-like spirit), flavorings, and sugar. It appears in vintage cocktail recipes, but is not widely available in the US.

- 2 c. Rum (Appleton V/X)
 - 1 c. Arrack (Batavia Arrack von Oosten)
 - 2 c. spiced tea, extra strong (4 tsp Peet's Yunnan Fancy Tea, 6 crushed cardamom pods, brewed in 2 c. water)
 - 2 c. Sugar, raw or natural
 - 2 Sorrento lemons, sliced thinly, seeds removed
1. Put sliced lemons in a re-sealable non-reactive container large enough to hold 4 c. of liquid. Pour Rum and Batavia Arrack over citrus. Cover and steep for 6 hours.
 2. Dissolve sugar in hot tea and cool to room temperature. Refrigerate.
 3. After 6 hours, pour run off of sliced citrus, without squeezing fruit.
 4. Combine tea syrup and flavored run, filter and bottle in a clean sealable container. Rest 24 hours and enjoy where Swedish Punsch is called for.

Cont. from Page 1

We had a fun meeting at the Peachbarn in Sept. (our first meeting since Feb). The food was delicious and the Show and Tell was a fun activity to share our Scandinavian items. The weather was perfect! Make sure you check out the recipes from our lodge meeting treats.

This month, our meeting is going back to be a Zoom meeting. Hope to see everyone there! We will be viewing a presentation on Leonhard Seppala. Please note the Zoom information on Page 3. See you all then!

Wendy Winkelman

Thank you Mike and Jeannell for bringing the "ski queen brunost cheese" and crackers. It was fun to try this Norwegian Treat!



Recipes Continued

This recipe is from members Bill and Wendy Bultinck:

Norway's Best Pepper Cookies

"This recipe is from the Norwegian Embassy in Washington D.C. All Norwegian homes must serve at least 7 kinds of cookies at Christmas. This recipe is different from other pepperkaker recipes because it calls for cream and does not use eggs. It is great for any who can't eat eggs.

1 1/8 c. butter	1 tsp ground cinnamon
1 c white sugar	1 tsp ground black pepper
1/4 c heavy whipping cream	1 1/2 tsp ground cardamom
1 tsp baking soda	1 tsp baking powder
3 1/4 c. all-purpose flour	

1. Cream together the butter and the sugar until light and fluffy. Stir in the cream. Add the baking soda and little water (no more than 2 T) to the butter mixture.
2. Sift the spices, baking powder and flour into the butter mixture. Blend until a nice dough is formed. Roll dough into sausages about 2 1/2 inches in diameter wrap tightly and let dough chill thoroughly.
3. Preheat oven to 375 degrees. Remove chilled dough and cut into thin slices. Bake on a lightly greased cookie sheet for 6 to 8 minutes. Let cookies cool on wire rack.

Bestemors "Te Snipper" (love to dip these in my "kaffe")

1/4 lb. butter (room temp)

3/4 c sugar

4 eggs

2 c flour

1 tsp baking powder (heaping)

Pinch salt

1 tsp almond extract

Sliced almonds



Cream butter and sugar well, add eggs, one at a time and beat (mixture will curdle a little but when flour is added, it becomes smooth again). Add almond drops, then flour to which has been added baking powder and salt. Arrange dough on well-greased and floured cookie sheets in long loaves. Sprinkle sliced almonds on top and pat into dough.

Bake for 20 minutes at 350 degrees. Remove from oven and slice loaves diagonally. Separate slices and place back in oven, toasting for about an hour at 250 degrees.

This recipe and suggestions are from members Christy and Nathan Nutter:



I switched light corn syrup for the golden syrup and heavy cream for double cream. I also baked them a few minutes longer than it says. Next time I make them I am going to make them smaller. We were not sure how big they should be.

The flavours in *sirupsnipper* are cinnamon, ginger, aniseed and white pepper, but the resulting taste is surprisingly subtle. None of the spices are too strong, and the overall flavour is a mild gingerbread with the rich flavour of syrup. Very crisp and lightly spicy, which are great with coffee.

The dough is made one day, and the baking happens the next day, so that the flavours can develop a little before baking. Rolling out the dough and cutting into shape was all very easy.

To make Sirupsnipper (adapted from tine.no):

A word of caution – this recipe makes about 100 biscuits! It is easiest to make batches of these cookies, rather than trying to bake them all in one go.

150 ml double cream	1/2 teaspoon ground pepper
150 g golden syrup	1/4 teaspoon ground ginger
150 g white sugar	1/4 teaspoon ground aniseed or star anise
100 g butter	1/4 teaspoon cinnamon
450 g plain flour	3/4 teaspoon baker's ammonia or baking powder
3/4 teaspoon bicarbonate of soda	flaked almonds, to decorate

1. Put the cream, syrup and sugar in a saucepan. Bring to the boil, then turn off the heat. Add the butter, stir until melted, then leave to cool until lukewarm.
2. In the meantime, mix the flour, spices, baker's ammonia and bicarbonate of soda in a bowl until fully combined. Add to the syrup mixture and mix to smooth dough. Cover well and leave to sit overnight.
3. The next day, preheat the oven to 175°C (350°F). Line a baking tray with greaseproof paper.
4. Roll out portions of the dough (thickness of 3mm) and use a fluted pastry cutter to shape into diamonds (or just use a knife). Transfer to the baking sheet, then dab a little water in the middle of each biscuit and lay a piece of flaked almond in the middle.
5. Bake the cookies for around 5-6 minutes until golden (turn half way). Remove from the oven, cool for a moment, then transfer to a wire tray to cool.

These were delicious!



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		No meeting Summer Break
September 20	2020		Show and Tell & Scandinavian Treats to Share
October 18	2020	Bill Bultinck	Leonhard Seppala
November 15	2020		Lefse Making
December 6	2020	Bill/Wendy	3rd Annual Julebörd



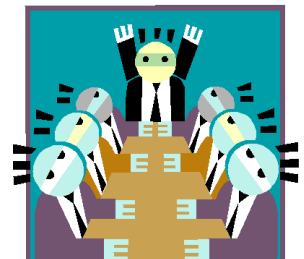
**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

2020 Officers

President:	Open	
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Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Colby Bowman	90sherwood@gmail.com
Program Committee:	Bill B., Kitty J, Ron N.	



Protect Your Retirement Today!



Greetings Members,

I have some quick questions to ask you...

1. Do you have a Certificate of Deposit (CD) at the bank?
2. Do you know what your current interest rate is?
3. Do you know ***most 5 year bank CDs are paying less than 1%?****

If you could get 3.45% for 5 years guaranteed, would you take it?

This CD Alternative Solution could be exactly what your retirement needs financially by providing you with **rates of return 3Xs higher** than most bank CDs out there.

Not only does the CD Alternative Solution provide you with a way to accumulate more money with **guaranteed returns up to 3.45%**, it also provides tax-deferral, safety of principal, and no market risk.

I wanted to let you know about this opportunity ASAP, as the company recently announced they will be **reducing their rate September 30th**.

**Want to Learn More About This CD Alternative That Offers 3.45% Guaranteed for 5 Years?
Give me a call or email.**

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

The SON Christmas Ornament is Here!



Sons of Norway is proud to present the 2020 Christmas ornament. This beautiful, hand-painted polyresin ornament features a Telemark-inspired floral rosemaling design in bold, festive colors with a gold satin ribbon. It measures 3" in diameter and comes in a decorative, gold-stamped gift box with satin lining and an informative insert.

For more info or to purchase:

<https://sofn.logoshop.com/ProductDetails/?productId=552437458&imageId=42936566&tab=Tile&referrerPage=ProductResults&refPgId=524408571&referrerModule=PRDREB>

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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/>



Nomination Time Again

Bill Bultinck, Counselor

We currently need the following officers for 2021:

- President (Run the meetings each month)
- Vice President (Chair the membership committee, take over for President when needed)
- Cultural Director (Occasionally, do a short cultural presentation at a lodge meeting or put some small article in the newsletter)
- Publicity Director (Facebook and/or other social media, perhaps check out ways we can get our name out to the public via: booths, festivals, cleaning up highways)

Wendy will be running for President (unless someone else would like to run for that position)
We will then need nominations for VP, Cultural Director and Publicity Director.

Kelly Bliss will remain Treasurer; Nancy Schick will remain Secretary; & Colby Bowman will remain Sports Director.

Please think about volunteering and email the Nomination Committee members (Brad, Amy & Colby) at [a.mcculloch70@gmail](mailto:a.mcculloch70@gmail.com)

If we don't get any volunteers, the nomination committee will have to start calling people - or you may get nominated from the floor.