



Shawnee Skogen 5-689

Hilsen fra Vice Presidenten Wendy Winkelman

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:

**Nov. 15,
10:30 a.m.
Cobden, IL
See Pg 3**

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We enjoyed Bill's presentation on Leonhard Seppala and his sled dog Togo. It was very fun to learn about this famous Norwegian dog sledder.

We also were able to see Ann Dolan's two dogs (Brando & Gage) over zoom which apparently were enjoying the presentation as well!

This month we have to vote on our 2021 officer slate. We are still in need of a Program/Social director, but we did get a VP volunteer and a Cultural/Publicity Director volunteer.

Keep your eyes open for our Email voting request.

On Nov. 15th, we are going to make traditional lefse for our monthly

meeting. The day will begin at 10:30 at our home—6525 Water Valley Road, Cobden.

If you haven't been to our home before, just look for the Blue Sky Winery signs and you will be very close. If you need directions, give us a call (480-352-6728 Bill). See Page 3. Thanksgiving is this month and what a year

we have had! None of us have ever seen anything like it.

Missing seeing all of you and hope to see you on Nov. 15th! Please RSVP if you can so I know how much chili to make! Tusen Takk.

Wendy

Can you imagine ?



Happy Birthday to our Members ! "Gratulerer med dagen"



Boden William Bultinck	11	7
Constance J Ray	11	19
Trish Kay Welch	11	20
Dana J Bultinck	11	30
Christina Nutter	11	30

In 1892, the United States government started bringing reindeer from Siberia into Alaska as a new food source for the native peoples. In 1898, the government brought in Norwegian reindeer, along with Sami herdsman and their families. They stopped in Seattle to wait for a ship to Alaska. Some Sami remained in Alaska, while others eventually returned to Seattle or home to Norway. The Sami were formerly called Lapplanders.

Sami people on reindeer drive, Seattle, 1898



Property of Museum of History & Industry, Seattle

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)

All members need to help work on these 2020 goals

Our Next Meeting — Nov. 15, Sunday, Lefse Making!!!!

Everyone is invited to make traditional Norwegian Lefse on November 15th. This will be our meeting for the month of November. If you grew up with Lefse, you know **Lefse** is a traditional soft Norwegian flatbread. It is made with potatoes (often, but not always), flour, butter, and milk or cream. It is cooked on a large, flat griddle. There are special tools used to prepare the lefse, including long wooden turning sticks and special rolling pins with deep grooves.

We will begin our day at 10:30 am. Lefse does take time to prepare, roll out, and grill. Then it needs to cool off before we put it in bags for our freezers (if we are saving it for Thanksgiving and/or Christmas).

Please join the lodge for this fun event. If you can bring a batch of the dough, please let Wendy know. The dough should be made the night before and put in the refrigerator over night.

There will be Chili for lunch, and you are welcome to bring a beverage of your choice.

If you could RSVP, that would be great—bring your friends, relatives, families—we want to make this a fun event. Hopefully, it will be a warm day, and if we take turns, we can also be out on the deck enjoying the day.

PS: If you know anyone who would like to buy some lefse, this would be a fundraiser for the lodge. Everyone will be going home with some for their own families.

Recipe

9 c. hot water
3 sticks butter (2 butter, 1 margarine)
5 tsp. salt
3 T. sugar
3 c. dried milk
9 c. potato flakes (Idaho or Hungry Jack)

Mix above together real good. I use the mixer. Put in covered rectangular container. Cool overnight.

Divide into thirds. Knead in 1 1/2 c. flour in each 1/3. Then make it into a roll about 2 1/2" diameter.

Cut in half, each half in half, and so on until you have 16 patties (in each 1/3).

Roll and put on grill. This recipe will make 48 patties.



Oct. 28, 2020 Lodge Meeting Minutes

Via Zoom: Wendy Winkelman, Bill Bultinck, Ann Dolan, Amy McCulloch, Colby Bowman, Randy Moe, Kelly Bliss (via cellphone audio only). Wendy in chair.

Nathan put out a notice about Shawnee Skogen on a social media page and got 3 responses from people in the Troy IL vicinity.

October birthdays: Kelly Bliss, Cheryl Strahm, and Melody Johnsen. Happy birthday everyone!

Bill: Member Charles "Chuck" Frank has been in the hospital. A card was sent to Chuck.

April, May, July, September minutes. Bill moves approval of these minutes, Amy seconds. Bill moves we approve the treasurer's report. Randy seconds.

Last month, we got to meet the new owner of the Peachbarn.

Next month's meeting will be at Wendy and Bill's, and it will be a lefse making event. We are considering selling some lefse, but the question is, where? If anyone can sell some, that would be a good fundraiser.

Nomination Committee report from Amy. Current candidates are: Wendy Winkelmann, President; Kelly Bliss, returning as Treasurer; and, Nancy Schick, returning as Secretary. Don Gulbrandsen would like to step down as Cultural director, so we will need a replacement for him. We also need a VP candidate. Amy thinks Nathan might be a good fit for Cultural Director. Perhaps he could also do some social media posting as well. We have an Instagram page (#ShawneeSkogen and "Shawnee Skogen"). Wendy will ask Nathan if he's willing to serve as Cultural director. Ann Dolan agreed to serve as VP.

Next meeting will be at 10:30 am, because it takes a while to roll lefse. This will be on the third Sunday in November. Bring your own beverages. Wendy and Bill will have some wine along with chili for lunch.

Wendy bought some Sons of Norway signs. These are very nice metal signs, about 18x22 in size. These are intended to go in the same area(s) as the Rotary, Lions, and other social club signs. We are considering Carbondale, Anna, or other towns in the vicinity for placement.

Today's program is a slide show on Leonhard Seppala (musher). He was born in 1877 in northern Norway, of a fishing/farming family. He moved to Oslo (Christiania at the time). He then went to Nome, following a gold strike there. He married there and took up dog sledding. He trained Siberian huskies in Cape Horn, Alaska. He was known for his good care of his dogs and regularly trained all year round. He became highly successful as a dog sled racer. His lead dog

The Origins of Norway's Most Iconic Sweater

It's no wonder Norwegians are known for their sweaters, considering Norway's long, dark winters, culture of outdoorsiness and reputation for quality craftsmanship. Though Nordic sweaters come in many styles and colors, one stands out from the crowd as the most iconic and enduring of all: the Marius sweater.

The classic red, white and navy blue pattern of the Marius sweater echoes the colors of the Norwegian flag, but its ties to Norway run even deeper. The design was adapted from a traditional Norwegian pattern and began its rise to international fame in 1953, when lifelong knitter Unn Søiland Dale created Lillun Sports A/S.

Previously, Dale had been employed as a model and often worked on knitting projects for her friends while waiting on set for photo shoots. As her reputation grew, she received more orders, and before long she left modeling behind to go into business selling knitwear. She also began selling her tradition-inspired patterns to Sandnes Uldvarfabrik, and many of those patterns—most notably Marius—went on to become timeless classics in Norway and around the world.



Photo credit: Unn Søiland Dale

Sardines Anyone?

Ron Naversen, Member



There were many small sardine companies in Norway, particularly on the west coast. While visiting the Norwegian Canning Museum in Stavanger, the docent showed us that there was a canning company with our name and she dug out the “iddisar” or can label from their files.

The brand was owned by Joh. B. Naversen. Although my father's family came from Stavanger we haven't found any Joh.B in our family tree. Perhaps there was another "son of Navar" in the area. Navar means "auger" in Norwegian but it can also refer to "digging" or "plowing". Augers are large boring drill bits used in drilling wells and also for woodworking. It may indicate the family had a farmer/woodworker in their lineage many of whom lived in the Stavanger area back then.

Pumpkin and Potato Soup

This meatless soup makes a savory fall meal. Serve your soup garnished with sesame seeds, lemon juice, red chili and coriander leaves. This soup pairs wonderfully with a nice crusty bread.

2 3/4 cups small pumpkin, diced
3 large potatoes, diced
4 garlic cloves, peeled
2 medium red onions, diced
2 Tbsp. olive oil
2 tsp. thyme
1 green chili, finely chopped
2 cups fresh coconut milk
1 red chili, thinly sliced
2 Tbsp. lemon juice
2 Tbsp. toasted sesame seeds
2 sprigs fresh coriander leaves, finely chopped
Salt and pepper to taste
Fresh parsley, chopped
Optional garnish: toasted pumpkin seeds, sage leaves, cheese or parsley

YUM!

In a large frying pan over medium heat add the olive oil, diced pumpkin, potato and onions. Once these ingredients are lightly fried (the onion should be slightly soft) add the thyme and green chili (if you are using it). Salt and pepper to taste.

Once everything is slightly soft and has good color, transfer the mixture to a blender or food processor. Puree until mostly smooth, but not completely liquified.

In a large soup pot on your stove at medium heat, add the pumpkin mixture and coconut milk. Simmer for 15 minutes or until slightly thickened.

Toast your sesame seeds and set them aside to use as a garnish.

Sardines—cont. from Page 6

My family came from a farm area called Navar-rød. Our relatives think that indicates something like "red earth farm".

King Oscar brand canners bought out many of the smaller canning companies consolidating them into one large company.

The canning Museum website is <https://norskhermetikkmuseum.no/en/>. They have an English language link on their site. Ron



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		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



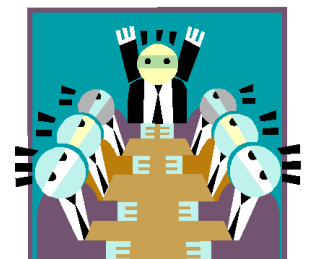
**SONS of
NORWAY**

Celebrating 125 Years

1895-2020

2020 Officers

President:	Open	
Vice President:	Wendy Winkelman	wendyathadeland@yahoo.com
Secretary:	Nancy Schick	nancyrshick@gmail.com
Asst. Secy:	Wendy Winkelman	
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
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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.	



Do You Have Retirement Insurance?

Insurance helps replace a financial loss when the unexpected happens. Life insurance helps us make ends meet when we lose a loved one. But what about when the market takes an unexpected downturn?

Annuities can be viewed as a kind of retirement insurance—they offer the stability and predictability of income you can always count on.

Give me a call to find out how you can add a safety net to your retirement plan.

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



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was Togo. In 1925, there was a serious outbreak of diphtheria in Nome, which was only accessible by dog sled at that time. The only treatment was diphtheria antitoxin. A dog sled relay race of more than 600 miles was proposed to the board of health and was implemented. Togo found a safe route across the ice, and the final dog sled team made it to Nome safely. Later, Seppala and his family moved to Fairbanks and he worked as a ranger for a mining company, eventually retiring to Seattle. There is a movie out now on Disney Plus, and the trailer is available on YouTube. <https://youtu.be/IUOiouElf2k>.

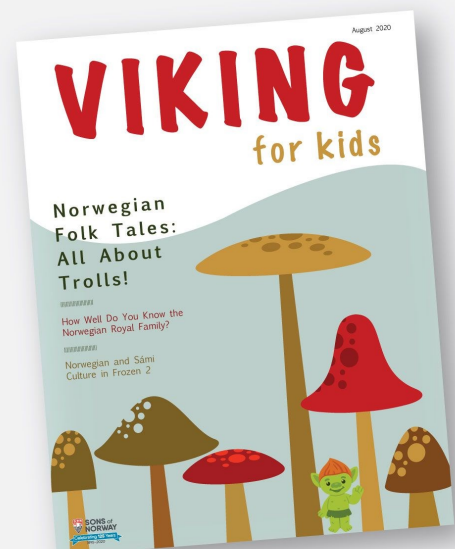
Respectfully submitted,
Nancy R Schick

Don't Miss the *New Viking for Kids!*

We received a great response to our first issue of *Viking for Kids* in August, and we have even more fun lined up in our next issue, which was released a few days ago.

Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more—created by Sons of Norway staff especially for our Heritage members!

To download *Viking for Kids*, visit sofn.com/vikingforkids.



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To JOIN, go to www.sofn.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.*

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

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

SON's Foundation Scholarship Applications are Now Open

Do you know a student heading off to college soon who could use tuition assistance? Do you have a child or grandchild who wants to study abroad in Norway?

The Sons of Norway Foundation offers 14 different scholarship opportunities for a variety of students, including international study, adult learners, vocational programs and more. For many recipients, these awards are a life-changing opportunity to explore educational passions in the US, Canada or Norway.

Many opportunities are available to members or their children or grandchildren, and awards range from \$1,000 to a full year's tuition.

Applications are due January 15 for international opportunities, and March 1 for domestic opportunities.

To find more information and to apply, visit sofn.com/foundation/scholarships.