



Shawnee Skogen 5-689



Hilsen fra Presidenten Wendy Winkelman

Special points of interest:

Dec. 8, 2020—

54 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:

**Apr. 18,
2:00 p.m.
Over
Zoom
See details**

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God dag Members!

If you haven't joined us yet on Zoom, we hope that you will join us April 18th. We always have a good time seeing each other's faces!

Bill and I have been traveling—currently, we are in Arizona. It took us 3 days to drive from Cobden to Yuma, about 1875 miles. We picked up a few new toys for us to play with — a new ham radio and a new 1965 El Camino. We are hoping to connect with people in Norway and Sweden on the radio. That should be a fun undertaking. We will be leaving this Thursday for the long trip home. The weather has been very hot — 100 degrees one day!

We are going to talk

about Spring in Scandinavia at our April meeting. If you have relatives or friends that are there, maybe you can speak as to their traditions they do during the springtime.

We have Giant City State Park Shelter #3 reserved for our May 16th in-person potluck picnic. Let's try to bring Scandinavian foods to enjoy together. Maybe Colby could take us for a short hike and maybe play a game of klub too! We have the shelter reserved all day, so you can come early if you want. The actual picnic will begin at 2 pm.

I hope you enjoy the newsletter. Check out the recipe from Christy Nutter on page 5 and also the article on 13 Norwegian Habits on

page 8.

See you all soon! Stay well!

President, Wendy



Happy Birthday to our Members ! “Gratulerer med dagen”



Jeffery Jorgen Skjeveland	4	22
Erica Marie Strahm	4	26
Wendy Kay Winkelman	4	27

Our Next Meeting – April 18, Sunday, 2 p.m.— on Zoom

Kelly Bliss is inviting you to a scheduled Zoom meeting.

Topic: Shawnee Skogen April 18 2021 Zoom Mtg
Time: Apr 18, 2021 02:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83626475889?pwd=Q1hFRXZsZ2VBRHJKVVIFSmFPaURDdz09>

Meeting ID: 836 2647 5889

Passcode: 014718

One tap mobile

Dial by your location

+1 312 626 6799 US (Chicago)



2021 Shawnee Skogen Goals

- 1) Obtain 5 new members in 2021 (have you invited anyone to our Zoom meetings?)
- 2) Work on Cultural Skills together as a lodge and obtain 10 pins
- 3) Have our Financial Benefits counselor visit us sometime in 2021

All members need to help work on these 2021 goals



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.

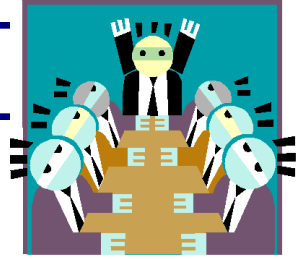
January 17	2021		Installation of Officers, Award Presentations —Zoom
February 21	2021	Ron N	Program on Jacob Riis
March 21	2021		Norwegian Sweaters Program
April 18	2021		
May 16	2021		Syttende Celebration—Julebörd in May Giant City State Park 235 Giant City Road Makanda, IL 62958 Shelter 3 May 16, 8 am until 10 pm
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	3rd Annual Julebörd



2021 Officers

President:	Wendy Winkelman	wendyathadeland@yahoo.com
Vice President:	Ann Dolan	anndvg@att.net
Secretary:	Nancy Schick	nancyrschick@gmail.com
Treasurer:	Kelly Bliss	kellybliss13@hotmail.com
Publicity Dir.:	Nathan Nutter	n@nutter@xyz.com
Editor:	Wendy Winkelman	
Counselor:	Bill Bultinck	billb763@msn.com
Sunshine:	Bill Bultinck	
Sports Medal Dir.:	Colby Bowman	90sherwood@gmail.com
Program Dir.:	Heather Kjellesvik	x.lillekanin@gmail.com

Social Meeting Minutes for March 21, 2021



Meeting called to order at 2:07 pm

Present are Wendy Winkelman, Ann Dolan, Bill Bultinck, Nancy Schick, Roy and Melody Johnsen, Nathan and Christina Nutter, Heather Kjellesvik, Amy and Brad McCulloch, Mike and Jeannell Charman, Julie Bonsack, and Ron Naversen.

Wendy plays a video of the Norwegian National Anthem.

Heads or tails: this month's winner is Jeannell. Wendy will send her an "unusual" prize. Stay tuned.

M/Jeannell and S/Bill to approve minutes from last meeting. MCU.

Treasurer's report, read by Wendy: This last year, we kept all the dues because we were a new lodge. \$3482 in assets.

Colby's report: Amy states that there is no report this month. Colby is working today.

Old Business

Amy McCulloch and Bill Bultinck both took the Rosemaling class. Amy is still working on her design, which she will paint on a plate. Christina Nutter took a couple more cooking classes, and would be willing to share the recipes.

Nathan reports on his attempts to contact the District 5 webmaster. Since there has been no response so far, he will work on getting our own website domain. He has a functioning mail server set up now and would be willing to do a demo. We can use this list to send emails to the group as opposed to using social media.

New Business:

Wendy reports on her publicity efforts. We have a short article in the *Anna Gazette*. We also got another response from the newspaper in Marion.

We have our annual Julebord for the Syttende de Mai (in May) celebration outdoors. We'll try to rent/reserve a shelter at Giant City. Date would be Sunday, May 16.

Wendy: we met our recruitment challenge for 2020, and we got a check for 125.00 and a certificate. Mike Charman also got an award for recruiting his wife as a member. Kelly got an award for recruiting two more members.

Bylaws changes from Minneapolis. These are standard for all the US Lodges. The main changes are administrative in nature. M/Mike, S/Nancy to accept these changes. MCU.

Our next meeting is scheduled for April 18. It will be by Zoom again. Wendy and Heather will figure out a program for the April meeting.

Mike is willing to coach anyone who would like coaching in Norwegian. (618) 359-1629.

Short discussion on Norwegian sweaters. Vesterheim in Decorah carries these, along with other shops.

Presentation

Wendy has a program on Norwegian Sweaters. This craft has only developed in the last 2 to 300 years. Mike: many sweaters are associated with districts in Norway. *Kofter* and *gense* are two styles. One very popular design is the *selbu* star or *selbu* rose (*selburose*), created approximately 150 years ago. This was named for a small town in South Trøndelag region. Designs can be invented or purchased.

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. Call your Sons of Norway Insurance Professional today 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

Anne Lise's Bestefar's Knekk-Kaker

Makes about 48 cookies (Submitted by Member Christy Nutter)

¾ cup plus 1 tablespoon (160 g) granulated sugar
3 tablespoons (50 ml) Norwegian light syrup or golden syrup (Lyles)
3 tablespoons (50 ml) heavy cream
⅔ cup (150 g) butter, melted and then cooled
¾ cup plus 1 tablespoon (75 g) quick-cooking oats
1 cup (120 g) sifted, all-purpose flour
½ teaspoon baking powder
1 teaspoon of vanilla sugar or ½ teaspoon vanilla extract



Preheat the oven to 350°F (180°C). Line 2 baking sheets with parchment paper. Blend all the ingredients together in a large bowl. Use a small spoon to scoop out a little of the dough and place it on the parchment paper. You should be able to fit up to 8 spoonfuls of dough at a time per baking sheet. Space them well, so they don't cook into each other. Place 1 baking sheet in the oven and bake the cookies for 8 minutes. Remove from the oven and let cool. After 5 minutes, or when the cookies have stiffened, transfer them to a cooling rack. While the first batch is cooling, place the second baking sheet in the oven. Spoon more of the dough on the first baking sheet after you have transferred the cookies to the cooling rack. When the second batch of cookies are ready, take them out of the oven and put the newly prepared baking sheet in the oven. Continue this cycle until all of the dough is used up.

Store the cookies in a cookie tin or airtight container, at room temperature, for up to 3 weeks.

The Highest Mountains in Norway

The Scandinavian mountains are responsible for much of Norway's spectacular scenery. Here are the highest mountains in Norway.

The famous glaciers and fjords of Norway draw visitors from all over the world. But it's the mountains that are the true stars. The dramatic chain known as the Scandinavian mountains acts like a spine to Norway.

Mountain trails galore attract hikers and mountain climbers keen to test their skills against the best of Norwegian nature, or simply enjoy some breathtaking views. Most of Norway's highest mountains are clustered together in the centre of the country, most notably in and around Jotunheimen National Park.

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Keep our Sons of Norway Family Growing in 2021

How? By welcoming more family, friends and neighbors to join us, either virtually or in person! One member described membership as an “amazing way to connect to Nordic heritage, tradition, and community.”

Who wouldn't want to be part of an amazing organization like Sons of Norway?!

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Most knitting was done during the summer in the mountains due to the length of daylight. Patterns were not written down. There are many, many patterns. Colors come from the plants that were available to be used to create colors.

The wool used for these was not processed much, leaving lanolin in the wool. This made them more waterproof due to the oil. This was very important for fishermen and farmers. Most farmers would have at least 5 sheep. In spring, they took the sheep into the mountains, and sheep stayed up there over the summer. Herders collect them in the fall and take them back to the farmers' collection point, where they are sorted out.

Colors: black and white, red and white, and navy and white. Often referred to *lusekofter* comes from Setesdal region. Also called *setesdalsgenser*, and it is knitted in black and white. *Gense* is a pullover; *kofter* is open in the front.

Dale is pronounced “dah-le,” and means valley, similar to the English “dale.”

Some have a woven design across the front and often along the cuffs. Most farms had looms, which were used to weave a wide variety of useful things.

Dale is located on the west coast of Norway. The textile production facility was set up in 1879 and used hydropower. It has remained active in Dale since then. Many of the employees passed on their skills to the next generation, and this has kept the quality consistently high.

Dale has been outfitting the Norwegian ski teams since 1956 for all Winter Olympic Games and World Championships. Presentation ends at 3:00. Meeting adjourns at 3:05.

Galdhøpiggen: Norway's tallest mountain

Not only is Galdhøpiggen the highest mountain in Norway, it's also the highest in all of Scandinavia. Despite its peak height of 2,469 metres (8,100 feet) above sea level, it's much more accessible than you might expect.

The view from the summit over glaciers and hundreds of other rugged peaks in Jotunheimen is truly spectacular.

Due to the quirks of geography, visitors can get to the mountain lodge Juvasshytta in Jotunheimen National Park by road. That means your starting point for the hike itself is 1,850 metres above sea level.

From Juvasshytta, the hike takes just three hours. That includes a glacier crossing, which must be done with an experienced guide. Such is the route's popularity, a small hut at the summit sells drinks and snacks during high season.



Glittertind: Norway's second tallest mountain

The name deserves the top prize in my opinion, but Glittertind ranks second behind its close neighbour Galdhøpiggen. However, only just Glittertind's peak is at an elevation of 2,452 metres (8,045 ft) above sea level, meaning it misses out on the award by a mere four metres!



In fact, the mountain was considered Norway's highest for a long time because the glacier sat upon its top put it higher than Galdhøpiggen. Debate raged about whether the glacier should count. But in recent decades, the glacier has retreated to the point where there is now no doubt.

Hikers hoping to reach the summit can start out from Spiterstulen, the same mountain lodge used to reach Galdhøpiggen. Such is the popularity of the two peaks, the lodge can get very busy in peak season!

13 Unmistakable Norwegian Habits

1. Take a walk on Sunday

One of the most important principles of Norwegian culture is [friluftsliv](#), or the outdoors lifestyle.

Known as a *søndagstur*, taking a walk on Sunday is an important part of friluftsliv, particularly for families with children. Depending on your activity level, this walk can be a casual stroll around your neighbourhood or a trek through the wilderness. As long as you're spending time outside on a Sunday, it's a *søndagstur*.

2. Dress for function over fashion

Norwegians believe very strongly that *det finnes ikke dårlig vær, bare dårlig klær* (there's no such thing as bad weather, just bad clothes). Bad weather won't stop Norwegians from their activities.

3. Maintain a strict work-life balance

For the majority of jobs, the workday starts at nine and ends at four o'clock sharp – sometimes even at three if the employee has a family obligation or a dentist appointment, or if it's a day ending in *-dag*.

According to the Norwegian Labour Inspection Authority, employees are entitled to at least 11 continuous work-free hours within 24 hours and 35 continuous work-free hours within 7 days. [Night shifts](#), [Sundays](#) and [overtime](#) are only allowed if absolutely necessary, and even then, this type of work is limited and compensated appropriately.

4. Go on holiday to “Syden”

If you ask a Norwegian where they went on holiday, they will likely mention Syden as a destination. But where is Syden?

Literally translated, Syden means “the south” – but you don't need to know where Syden exactly is to appreciate the value of going somewhere warm and bright for a holiday – particularly if you spend half the year in near or total darkness.

5. Eat “taco” on Friday

A few years ago, NRK aired a comedy sketch featuring a son admitting to his family that he doesn't like tacos. His family is appalled that he would reject such a beloved Norwegian tradition, with his father growing increasingly enraged as the conversation continues. “I like fajitas,” the son says. “They aren't tacos!” the father yells back.

Technically, Norwegian tacos aren't “tacos” either – at least not in the traditional sense. They actually have their roots in American tacos, and were introduced to Norway in the 1960s along with an increased import of American food. Their popularity soared in the 1990s, and now tacos are as much of a national dish as [pinnekjøtt](#) or lutefisk.

Norwegian tacos typically consist of minced meat, salad, salsa, cheese and sour cream, all wrapped in a tortilla. The food is laid out in different bowls so people can pick and choose what they want.

6. Drink coffee whenever you want

Think that coffee is just a drink to wake you up in the morning? Think again. On a hike? Coffee. Working at your desk? Coffee. Meeting friends? Coffee. Relaxing in the evening with a book and considering going to bed soon? Coffee.

Norway has the second highest coffee consumption in the world.

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7. Eat (much) earlier in the day

Most people know that Norway's most important export is oil. However, before Norway discovered that it was sitting on a pile of black gold, it was an agricultural society and evidence of this can still be seen in society today.

Traditionally, Norwegian farmers had to get up early in the morning to feed the animals and make as much of the sunlight as possible, particularly in the winter. While the majority of Norwegians today aren't responsible for feeding a farm, they still eat their meals earlier than most non-Norwegians are used to.

A typical Norwegian meal schedule consists of *frokost* (breakfast) when they wake up – though it might be more accurate to just call this meal “morgenkaffe” (morning coffee) instead. This is followed by “lunsj” (lunch) between 11 and 12. *Middag* (dinner) is eaten when they get home from work, usually between 4 and 5. If they're still hungry later on – and I'm not sure how you couldn't be – Norwegians may have *kveldsmat* (evening food / supper). And of course, there are lots of *kaffepauser* in between.

8. The Norwegian arm

Growing up in the UK, I was taught from a young age that if you were sitting at the dinner table and wanted something out of reach, you should ask someone to pass it to you rather than leaning over to get it yourself.

To a lot of non-Norwegians, the “Norwegian arm” is the height of rudeness. However, as many Norwegians have quickly explained to me as I brandished my fork in their face, they consider it to be much ruder to interrupt your meal by asking you to pass them something they could get themselves.

9. Do your shopping in Sweden

Everything is generally cheaper in Sweden compared to Norway. It is hardly surprising therefore that hopping across the border to Sweden to stock up on supplies, known as a *harryhandel* or *harrytur*, is a beloved Norwegian tradition.

In theory, you could go on a *harryhandel* to any country, and taking the ferry over to Denmark is also fairly common. However, due to the proximity and ease of access, Sweden tends to be the destination for the majority of Norwegians looking to save some money.

10. Use snus, not cigarettes!

While there are many different types of snus, the most popular form of snus in Norway is technically “Swedish snus”. It's generally sold in small, circular tins that contain multiple portions. Each portion consists of tobacco powder wrapped in thin, papery sachets that are discreetly placed under the top lip.

Norway has extremely strict smoking laws, and the number of smokers in Norway has been steadily decreasing for a number of years. In contrast, the number of snus users has been steadily on the rise since 2000, and in 2019, Statistics Norway reported that 14% of Norwegians aged between 16 and 74 use snus daily, while 9% smoke daily.

11. You don't need a pandemic to practice social distancing

When the first lockdowns due to the coronavirus were introduced in March 2020, lots of memes began circulating about how Scandinavians had been social distancing *long* before it was necessary to do so:

In Norway, social interactions tend to be conducted on a needs basis. In addition to being extremely frugal with social interactions, Norwegians also really value their own space. While non-Norwegians often interpret this as Norwegians being cold or stand-offish, it also relates to their ideas of politeness. In Norway, being polite strongly focuses on not bothering anyone else or making a nuisance of yourself.

A Message from International President Ron Stubbings...

Dear Members,

Who would have predicted a year ago the impact of COVID-19 on our lives? It has been unimaginable! While it has been a challenging 12 months, you, your fellow members and lodge leaders have responded in so many positive ways. **Our fraternal spirit is going strong.**

As we wait for in-person meeting restrictions to ease, I hope you take heart from knowing that even in 2020, new members still flocked to join Sons of Norway. **You helped Sons of Norway exceed the new member goal by an impressive 24%—reaching a total of 7,815 new members!**

Though the pandemic may put restrictions on gathering at times, you can still invite friends and family to join and enjoy the exclusive benefits of Sons of Norway membership.

Please continue to spread the good word about membership as we move forward in 2021. Take a minute to chat with family members about Sons of Norway. Offer a friendly invitation to take part in a fun activity or event, even if it is virtual for now. You never know what a difference your invitation will make for that person.

Here's the information you need to know about our 2021 New Member Campaign...

- Our Sons of Norway International Board of Directors has set a goal of **8,200 new social and financial benefits members**. That is a 5% increase over the actual number of 7,815 new members recruited in 2020.
- While our organization goal is a 5% increase, your lodge is being asked to build on last year's success by recruiting 4% more new members in 2021 than in 2020. For lodges that recruited 3 or fewer new members in 2020, the goal is 4 new members per lodge.
- [View the recruitment goal listing by district and lodge online](#), updated quarterly.

Recognition for Lodges and Members...

At the end of the campaign, lodges that meet the recruitment goal will be recognized with:

- **A \$125 award** (or equivalent funds for lodges in Norway and Canada). The lodge may use these funds as it prefers.
- **Achievement certificates** for the lodge and recruiting lodge members. These certificates will be sent with an attribution list identifying who each member recruited.

A stunning, limited-edition 2021 Recruiter Pin will be sent directly to members after they recruit their first new member in 2021.

Members, thank you for continuing to help our Sons of Norway family grow. Please talk to others about what you enjoy about your membership and what membership offers them. That might be learning a new folk art through our cultural skills program, reconnecting with their heritage through *Viking* magazine or researching genealogy and family history—a passion for so many of our members.

If we each invite at least one friend, neighbor or family member to an upcoming meeting or event, we will reach the 2021 goal well before the end of 2021. That's how we can share our caring, welcoming communities and build a brighter future for all. **Thank you for being a Sons of Norway member!**

Sincerely,

Ron Stubbings
Proud Sons of Norway Member Since 1976
International President



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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/>

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12. What happens at the pub/afterski/helgefylla/julebord, stays at the pub/afterski/helgefylla/julebord

The first rule of drinking with Norwegians is not to talk about whatever happened when you were drinking the next time you see them.

As we said in point 9, things are very expensive in Norway – and alcohol is no exception to that rule.

Not only does more expensive alcohol mean that drinking tends to be reserved for specific times, such as on the weekends (known as “helgefylla”), at the work Christmas party (“julebord”), or in the evenings after a day of skiing (“afterski”), but when alcohol is drunk, *a lot* of it tends to be downed in one go.

Personal space? Forgotten! Inappropriate questions about your family history? Absolutely! Clambering on tables and loudly singing the national anthem to the entire room? You betcha – *and* we’ll drag you up to join us for the encore!

13. Take off your shoes inside

Norwegians feel very strongly about taking shoes off inside the house – and to be honest, they’re not the only ones.

Take them off.
Take. Them. Off.

Do you share any of these habits?