

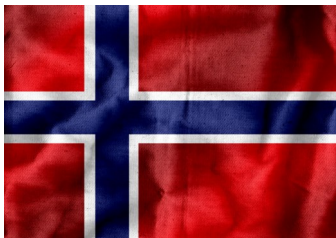


# Shawnee Skogen 5-689

## Hilsen fra Presidenten Wendy Winkelman

**NEXT  
EVENT:  
October 8,  
2023  
2:00 PM**

**ALL ARE  
WELCOME!!**



Hei alle sammen ....

In Sept, we had a great turnout with so many people bringing good food! Oh my gosh, so much food! Tusen takk to everone for bringing a dish to share.

This month we are again going to meet at the New Thompson Lake pavilion. If you are coming from Carbondale towards Murphysboro on Rte. 13, you make a right turn on W. Lake Rd, and then almost immediately make another right onto New Thompson Lake Rd. Continue straight on that road until you see the pavilion. It is a dead end.

We have 3 new members this month! How fantastic is that! Welcome to Douglas, Audrey and Kristoffer. It is always fun for me to see the last names of these new members. How Norwegian can we get with Askegard and Tjensvoll. Last month our new member Matt has a last name of Ellefson.

Welcome to each one of you!

Our program this month is on Hardanger Embroidery. Our lodge has been having so much fun working on our Cultural Skills pins together, this meeting should be another HIT!



Because of our son getting married in Tucson in Nov., we are needing to move the lefse making day to Oct. 29th. That is a Sunday afternoon and we will start at noon. More info to follow.

We will be looking for 2024 officers soon, so start thinking about how you would like to volunteer.

See you all on the 8th!

Tusen Takk.

President, Wendy

PS Audrey, we hope you will join us!

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## Happy Birthday to our Members ! “Gratulerer med dagen”



Melody Johnsen	10	15
Kelly Bliss	10	22

### WELCOME NEW MEMBERS

Audrey Askegard (Marion)

Doug Askegard (Marion)

Kristoffer Tjensvoll (Chesterfield, MO)



CHECK OUT THE FORUM AT:  
<https://forum.shawnee-skogen.com/t/hardanger-embroidery-supplies/114>

Our meeting this month is on Hardanger Embroidery. Nathan is going to give us a presentation on the craft and then we are going to be able to do a little stitching ourselves.

This activity will be part of the next cultural skill program that we may want to do together as a group.

**If you have any hardanger pieces that you would like to show us, please bring them along to the meeting.**



## Lodge Programs for 2023

Programs need to be set up for our meetings in 2023. Please send your ideas to the Program Director, Heather Kjellesvik at [hkjellesvik@gmail.com](mailto:hkjellesvik@gmail.com).

January 8	2023	Zoom—Heather	Where to Learn Norwegian
February 19	2023	Stave Kirke in Norway	St. Nicholas Brewery, DuQuoin, IL
March 12	2023	Thor Heyerdahl & the Kon Tiki	St. Nicholas Brewery, DuQuoin, IL
April 15, Sat.	2023	Anna, IL	The SON District 5 Board will be here. Please read my front page invitation.
May 14	2023	Syttende Celebration (Mother's Day)	Scandinavian Potluck—388 East New Thompson Lake Road., Carbondale, IL (1 PM)
June 11	2023	New Thompson Lake	Rosemaling with Amy M
July 9	2023		No Meeting
August 13	2023		No Meeting
September 10	2023	Scandi Places to Visit in the Midwest	388 East New Thompson Lake Road Pavilion, Carbondale
October 8	2023	New Thompson Lake	Hardanger Embroidery with Nathan
October 29	2023	Bill/Wendy	Lefse Making (had to chg the date)
December 10	2023	Open for Site	6th Annual Julebörd

## 2023 Officers

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## Coming to America (Part 2) by Bill Hudgins

Whether an immigrant went through inspection at Ellis Island depended somewhat on their financial situation. First and second-class passengers were considered affluent enough not to become a public charge. Inspected aboard the ship, they were allowed to bypass Ellis Island unless they were ill or had legal or political problems.

Inspections could take hours for the far more numerous third class “steerage” passengers, who were ferried from the docks to Ellis Island. Officials reviewed their paperwork, including a 29-item questionnaire completed before the ship sailed.



This document asked immigrants for basic personal information – name, age marital status and if they had a trade or a job waiting. It also asked if they were anarchists or had been in prison, an insane asylum or an almshouse. Officials quizzed arrivals on their written answers and, if there were discrepancies, detained them for further inquiry.

Immigrants also had to pass a medical exam, commonly called a “six second physical”, because doctors had only moments to scan for multiple signs of illness, mental disabilities or poor health. Using chalk, officials marked immigrants suspected of having a medical condition with a letter of the alphabet (“S for senility, X for insanity etc.) and moved them to another examination room. They sent those with confirmed illnesses to the Ellis Island Hospital.

Officials detained people likely to become public charges, such as children and unaccompanied women, who could not leave the island with men unrelated to them. They also detained political radicals, stowaways, criminals and prostitutes.

Though it was known as the “Island of Hope,” Ellis Island was also known as the “Island of Tears” for those who were detained or refused entry. Nearly 20% of all arrivals were detained temporarily for health or legal reasons. Around 120,000 people were barred and deported, and some 3,500 died while waiting.



## 13 Year Old Running Phenomenon

Norway has become known for producing fantastic athletes such as Karsten Warholm and the Ingebrigtsen brothers. Another such athlete might just be on the rise; 13-year-old Per August Halle Haugen of Stavern, Norway, has caught the attention of many with the success he's seen at such a young age. His natural talent was showcased when he became the second fastest 12-year-old boy to run a road 10K in 33 minutes, 17 seconds.

Halle Haugen is building upon his talents by participating in the “Norwegian endurance training method.” The method consists of interval sessions and pricking one's finger to ensure that the body's lactate levels are in optimal range – at “threshold.” It is believed that operating at threshold levels makes for a more effective workout and recovery. The method also teaches restraint and not to overexert before the runner is ready. Following this model that other great Norwegian athletes have used, Halle Haugen could very well be on track to participating in the 2032 Brisbane Olympics.



**Photo by: Samuel Hafsahl/Halle Haugen Invitational**

## Bergen Walk of Fame

You may have heard of the Hollywood Walk of Fame, but did you know that the city of Bergen has its own Walk of Fame?

Along the sidewalks of Nøstegate, not far from the famous colorful wharf, Bryggen, there are 40 inlaid sidewalk tiles that celebrate the famous sons and daughters of Norway's second city.

Among those heralded are internationally-acclaimed musicians such as AURORA and Sondre Lerche, athletes like world-champion boxer Cecilia Brækhus and a gold-winning Olympic speed skating team, hard-boiled crime novelist Gunnar Staalesen and former Prime Minister Erna Solberg. Comedic brothers Bård and Vegard Ylvisåker (aka Ylvis of What Does the Fox Say? Fame) each have their own plaque, but composer couple Edvard and Nina Grieg share one. Other inclusions are bands, actors, journalists, artists and more. Citizens of Bergen choose who gets to be inducted next. Notably, there is one person in the mix without a direct connection to Bergen—Sir Paul McCartney.

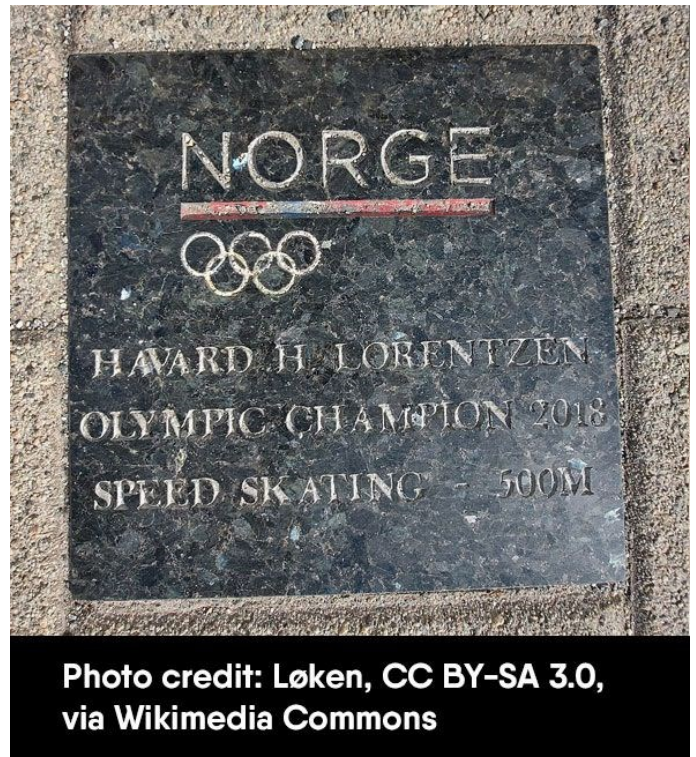


Photo credit: Løken, CC BY-SA 3.0, via Wikimedia Commons

The star-studded walk was launched in 2015 and now includes 40 tiles.

## Did you Know?

Although, Ellis Island was the busiest immigration center, it was not the only one. There were other major US arrival ports in the 19<sup>th</sup> and 20<sup>th</sup> centuries in cities such as Boston, San Francisco, Philadelphia and New Orleans. Angel Island Immigration Station, near San Francisco, opened in 1910 and processed up to 1 million immigrants before closing in 1940. The East Boston Immigration Station in Massachusetts operated from 1920-1954, processing an estimated 23,000 immigrants.

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**To JOIN, go to [www.sofn.com](http://www.sofn.com)**

**We're at:  
<http://shawnee-skogen.com>**



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

**We're on Facebook  
[http://facebook/  
southillinois/](http://facebook/southillinois/)**



**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.*

## Trøndersodd - Trøndelag Sodd Soup

Source: <https://www.matprat.no/>

If there was ever a separate national dish for Trøndelag, then it's probably sodd! In Trøndelag, sodd is celebration food, and is served at all of life's big events, and has even got its own law. Sodd made from scratch is easy but time-consuming, so make a large batch when you go about making it. The delicious flatbread [\*skjenning\*](#) should be served along with it. These are important things for a true trønder.



Photo credit: [matprat.no](https://www.matprat.no/)