



# Shawnee Skogen 5-689



## Hilsen fra Presidenten Wendy Winkelman

**NEXT  
EVENT:  
Dec. 10, 2023  
2:00 PM**

**ALL ARE  
WELCOME!!  
RSVP**

Hei alle sammen ....

In October we had a wonderful presentation on Hardanger embroidery from VP, Nathan N. His explanation of the craft was perfect and he gave us all a chance to try it out bringing thread, fabric, and scissors. We left the meeting with instruction on what to do next at home. Tusen Takk Nathan! Once you have completed your piece, send a picture to Nathan and Wendy.

Our lefse making day was a huge success. We saw so many familiar faces, returning faces, and new faces! The kitchen is small, the chilli was ready, the assorted appetizers were perfect, and the company was

We have one new member this month! Anne Marie joined us making lefse and joined Shawnee Skogen a few days later. Velkommen Anne Marie!

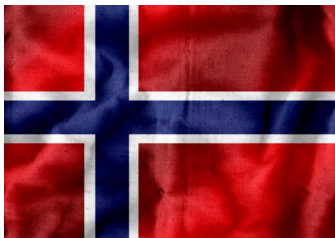


Our annual Julebord is December 10th. It will be at 2 pm, at Ron & Todd's home in Carbondale (see page 3 for the address). As always, it is a Potluck of Scandinavian foods. If you could send me your recipes of the food you are bringing, I will get them to Heather K. She is working on a lodge cookbook for her cultural skill pin.

See you all on the 10th!

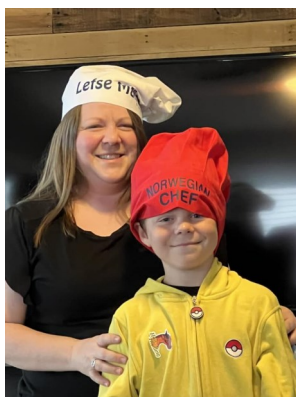
Tusen Takk.

President, Wendy



**Inside this issue:**

<b>Birthdays</b>	<b>2</b>
<b>Meeting Info</b>	<b>3</b>
<b>Programs/Officers</b>	<b>3</b>
<b>Cultural</b>	<b>4-6</b>
<b>Recipe</b>	<b>7</b>



Our Lefsa Hat  
Winners

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



Heather C Walker	11	6
Boden Bultinck	11	7
Constance Ray	11	19
Jessica Gerth	11	26
Christina Nutter	11	30



### **WELCOME NEW MEMBER**

Anne Marie Hamilton-Brehm (Murphysboro)



**The grant and scholarship applications are now open on the website!**

We offer over a dozen scholarship opportunities for study in the US, Norway and beyond. Each fund caters to different interests and comes with different requirements so take some time to review. Please note: application deadlines are changing this year, so please check each early 2024 deadline carefully.

We also offer three different grants: Community Partnership Grant, Lodge Heritage & Culture Grant, and the Lodge Vitality Grant. Take advantage of these opportunities to host a lodge event or program in your community. Deadline remains December 31, 2023 for Spring 2024 awards.

The humanitarian grants continue to run year-round: Helping Hands to Children Grant, Helping Hands to Members – Disaster Relief Grants, and the Helping Hands to Members – Medical Relief Grants.

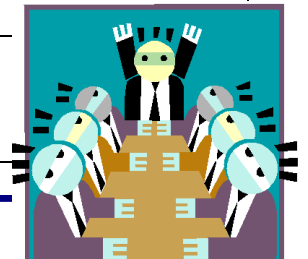
Information on grants and scholarships are available on our website at [Foundation | Sons of Norway](#).



## 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
December 10	2023	Ron & Todd's Home 160 East New Thompson Lake Rd, Carbondale	6th Annual Julebörd



## 2023 Officers

President:	Wendy Winkelman	<a href="mailto:wendyathadeland@yahoo.com">wendyathadeland@yahoo.com</a>
Vice President:	Nathan Nutter	<a href="mailto:nnutter@gmail.com">nnutter@gmail.com</a>
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# Lefse Making Day !!



## Brunost Craze Hits South Korea



Photo Credit: northwildkitchen.com,  
Nevada Berg

Norwegians are deeply into their brunost- the sweet and salty cheese made of cow's and goat's milk that tops sandwiches, waffles and even meatballs.

Jeonmi Eom liked the sweet and savory flavor so much, she decided to import and license brunost products for distribution in South Korea. In doing so, she set off a massive flavor trend.

Eom partnered with Norwegian brunost brand Synnøve, opening five brunost-themed cafés in her hometown of Busan, Korea's second-largest city with a population of 3.4 million. Now Eom imports and sells around 52,000 units of brown cheese annually.

The founder of the cheese brand, Synnøve Finden, was also a trailblazer, becoming the first Norwegian woman—with Pernille Holmen—to own a factory in 1928. Today Synnøve Finden AS [LLC] produces over 1200 tons of brunost each year, along with other products.

Much of that brunost is sold via Eom's cafés to South Koreans, who enjoy brunost on ice cream sundaes, croissant-dough waffles, and on pizza.

Since exports to South Korea began in 2019, Synnøve and competitor Tine have exported over 100 tons of brunost, and according to Tine's export director Unni Sjøflot, with 52 million citizens, the country has potential to buy quite a bit of cheese.

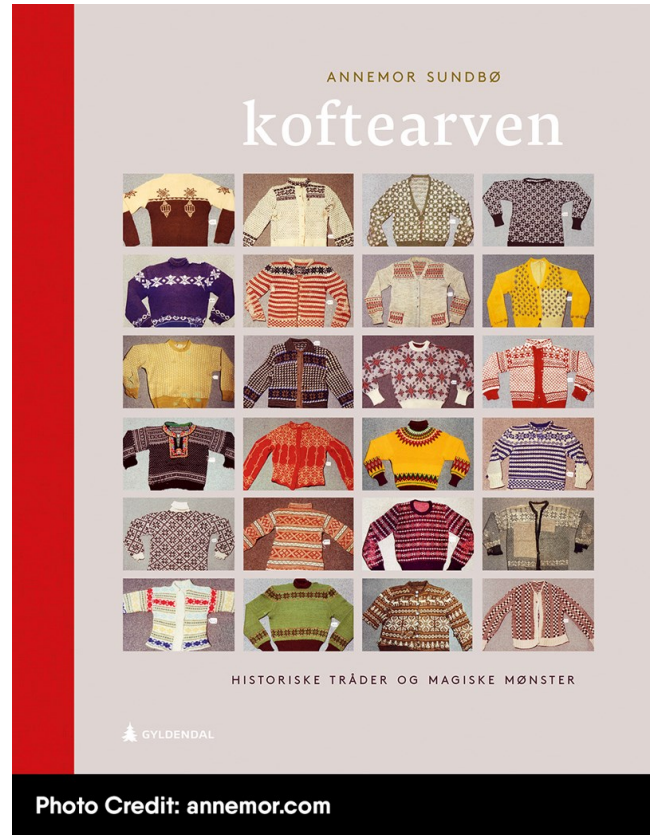


## Sweater Legacy

Annemor Sundbø enjoys rolling up her sleeves and bringing things back to the start. In 1983, she inadvertently set her life's course when she bought the last shoddy mill in Norway, a piece of equipment that breaks down old woolen textiles, allowing them to be re-spun and knitted into new garments. Since then, she has done her utmost to re-use wool fibers, preserve and recreate lost knitting patterns and has also taken on the role of knitting historian. Sundbø has written several books on knitting and the history of Norwegian sweater patterns, among other topics.

In 2020, her latest book "Koftearven, Historiske Tråder og Magiske Mønster" [translation: Sweater Legacy - Historical Threads and Magical Patterns, sold in English as "Norway's Knitted Heritage – The History, Surprises and Legacy of Traditional Nordic Sweater Patterns"] was awarded Southern Norway's Literature Prize. This book places Norwegian kofte (sweater/cardigan) traditions into a global context, showing how the motifs that are considered native to Norway fit into the bigger picture, with ties to all kinds of far-flung cultures.

Ever the textile educator, Sundbø's book would not be complete without several knitting patterns and hundreds of images of sweaters with richly-colored multi-strand patterns.



**CONVENTION WILL BE IN INDIANAPOLIS**

**RACING TO THE FUTURE**



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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.*

## Norwegian-Style Meatballs

(Viking Cruise Line Recipe)

If you are Norwegian, these meatballs are true comfort food. Even if you are not from Norway, you will find the combination of meats and spices in them makes a delightful treat. These meatballs make for hearty winter fare served over buttered egg noodles, or even with a butter and parsley adorned boiled potato for a simple but tasty entrée.



1 lb (454 g) lean ground beef  
½ lb (227 g) ground pork  
1 lg egg  
¾ C (60 g) panko  
1 tsp (5 g) salt  
½ tsp (1 g) pepper  
¼ tsp (0.6 g) nutmeg  
¼ tsp (0.5 g) ginger  
⅓ tsp (0.6 g) allspice  
½ C (118 ml) milk  
1 C (201 g) yellow onion, minced  
¼ C (10 g) fresh parsley, chopped  
6 Tbsp (86 g) butter, divided  
¼ C (31 g) flour  
4 C (946 ml) low sodium chicken broth

**Prep time: 6 minutes.  
Cook time: 25 minutes.  
Makes 6 servings.**

Combine beef, pork and egg in a large bowl; make a well in the center and add breadcrumbs, salt, pepper, ginger, allspice and milk; let stand 2 minutes. Add onion and parsley and mix together with your hands until completely incorporated; form into 1-inch (2.5-cm) balls. Place 2 T (29 g) butter in a large skillet over medium high, and working in batches, brown meatballs on all sides until cooked through, about 8 minutes per batch. Transfer to a serving bowl; cover loosely to keep warm. Reduce heat to medium, place remaining butter in skillet, add flour and stir to form a thick paste. Cook, stirring constantly, 2 minutes; then whisk in broth and wine. Bring to a boil, reduce heat; simmer until thickened, about 7 minutes. Pour over meatballs, tossing to coat. Serve immediately.