

# Sons of Norway

## Polar Star Lodge 5-472

Meetings on the first Sunday of the month – Potluck at 1:30 p.m.  
St. Olaf Lutheran Church – Douglas Road, Montgomery, IL

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### President's Message



President Ken, V.P Frank and Delegate Steve representing Polar Star Lodge  
**Hilsen Polar Star Lodge!**

“Tusen Takk” to Wergeland Lodge in LaCross, WI for hosting the District 5 Convention in June. We all had a great time together sharing ideas. Barb's sister, Connie, was elected to the District 5 Board as our Zone Director, and was also elected as our delegate to the International Convention that will be held in August! Congratulations Connie!

Your President  
Ken



Connie Benson Kross of Cleng Peerson  
Our new District 5 Zone Director

**UPCOMING EVENTS**  
**Polar Star Indoor Picnic**  
**August 12<sup>th</sup> – 1:30**  
See article on page 2

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**Scandinavian Festival**  
at  
**Vasa Park**  
**Sunday Sept. 9<sup>th</sup>**  
**Polar Star Bakery and Norwegian**  
**Flea Market Booth**  
See article on page 9  
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**Polar Star Newsletter Deadline**  
**Will be the 14<sup>th</sup> of every month.** Please  
submit all articles to Barb Johnson at  
[barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com)  
Follow us on facebook @  
**Sons of Norway – Polar Star Lodge**



**AUGUST LODGE EVENT  
CHANGE OF DATE  
SUNDAY AUGUST 12<sup>TH</sup>**

**Polar Star Picnic and Viking Games**



Kjeppinne



**Bring your Hnefetafl game too!**

**Potluck Pølse Piknik begins at 1:30  
St. Olaf Lutheran Church  
Montgomery, IL**

**Please bring a picnic dish to pass and  
your own table service.**

**District 5 Convention**



LaCrosse River Boat Cruise



President Johnson presiding over the business meeting



# POLAR STAR CULTURE CORNER

by  
Barb Johnson

I was fortunate to be able to attend the District 5 Convention culture classes with my mom, Phyllis Benson, June 27-28 in LaCrosse, WI. First of all, I am blessed that I was able to enjoy my Mom's company as we continue to try and complete Part 1 of the Hardanger embroidery culture medal. This is the 3rd hardanger class we have taken together and I finally managed to complete my first project. Thank you to our wonderful instructor, Ruth Ann Holm for her support and encouragement!

I also signed up for the Intermediate Knitting Class hoping to learn how to improve stitch tension on Norwegian knit projects. I was delighted that my instructor, Mimi Saterbak, taught me a new way to change yarn colors that will indeed improve tension. I even received a great headband pattern using the new technique that I completed on the ride home.



Phyllis working on her project



Barb's 1st completed project



Ruth Ann Holm



Knitting class headband project

Mom and I also attended one of the many Non-Delegate Speaker Sessions called "No Wadmal" at Walmart. The session was held in our hardanger classroom so we decided to listen while we worked. We were pleasantly surprised to learn all about "Vadmål" and the role of wool in Norway from the Viking times to the present. Linda Johnson-Morke was an excellent speaker who provided the history of wool, the sheep used in wool production, and the process of making yarn and wool fabric during the Viking era.





# Polar Star Culture Medal Programming



I was asked by the District 5 Culture Director, Esther to present an overview of our Culture Medal program to District 5 Convention participants and delegates. Our Lodge has earned the most culture medals for the past four years and was the first lodge to win the culture medal competition. Here is a copy of my report. I thought you all might want to re-visit all of the fun that we have had!

When Esther Charlton introduced the District 5 Culture Medal Contest, Polar Star Lodge implemented a plan to increase the number of medals earned by Lodge members. The plan has three key components:

- 1) We established a yearly Culture Goal that is introduced in the December newsletter and at the January monthly Lodge event.
- 2) Monthly Lodge programs are designed to support the Culture goal and meet the requirements for the Individual Elective throughout the calendar year.
- 3) Paperwork for the culture units are distributed and completed at the monthly events and sent to SON International as a group project (I have learned that paper work that goes home – rarely gets returned!).

The following units have been selected and completed as Polar Star Culture Goals.

**Unit 1: Traditional Norwegian Food Parts 1, 2 and 3**

To meet the food goals we meet 1 hour before the scheduled Lodge meetings to prepare foods that meet the medal requirements and we always display and eat the food at our Pot Luck.

(Our lodge members loved making desserts!)

**Unit 4: Rosemaling Parts 1 & 2**

We scheduled two (2) all day workshops with lunch and snacks and invited a Lodge friend, Lynn Sove Maxson to conduct the Rosemaling workshop designed to meet the medal requirements.

**Unit 2: Literature Parts 1,2, & 3**

We have an on-going Book Club that reads books that meet the literature requirements. We schedule book discussions ½ hour before the beginning of our pot-luck luncheon at the Lodge monthly events (four books per year works out well)

#### Unit: Music

We organized our own Norwegian Choir that performs every fall at Høstfest. We invited local musicians to our meeting that performed music that met the music requirements. We also planned field trips to attend Traditional Norwegian music performances

#### Unit 3: Stamps

One of our members is a life-long stamp collector. He provided a January program that kicked off our yearly goal. Every meeting during the goal period we brought and swapped our stamps with each other.

#### Unit 5 : Genealogy and Family History

This was my favorite event. My granddaughter kicked off the January meeting with her family tree and challenged the rest of the lodge to do the same. We held a Family Tree Fair for a Lodge event and everyone displayed their family trees (that met part 1 requirements) on tri-fold display boards.

#### Unit 6: Knitting Part 1 and 2

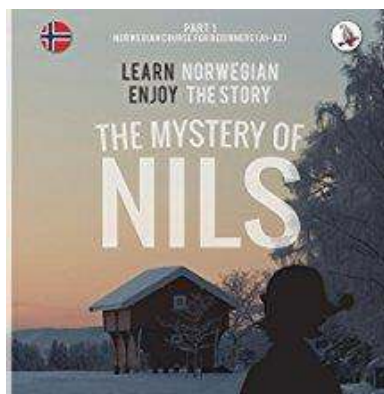
We have a knitting club that meets two times per month. We support and teach new knitters and participate in the Little Hats for Big Hearts project for the congenital heart kids through the American Heart Association.

#### Unit 13: Folk Dancing

We scheduled a "Norwegian Barn Dance" with Cleng Peerson Lodge and asked the Chicago Norwegian Dancers to teach us dances that met Part 1 requirements. Everyone who attended (dancers included), completed the paperwork at the end of the event.

### Culture Goal 2019.....Norwegian Language

Get a head start and order your textbook now!



[www.skapago.eu](http://www.skapago.eu). available on Amazon Prime

## Earn your music culture medal with Grieg

<https://tv.nrk.no/serie/grieg-minutt-for-minutt>

If you like Edvard Grieg you will love this. The performances are fantastik and the settings are beautiful I enjoyed listening to the Norweigan interviews too.

Thanks Karen Oswald for the "heads up" on this Norweigan TV production in celebration of Edvard Grieg's 175<sup>th</sup> Birthday!

# Polar Star Poetry

Poetry from Skogfjorden Norwegian Language Camp by Barb Johnson

## Vår Første Lærer

Sterk, klok og kreativ  
Evig nysgjerrig  
Begavet with courage and confidence  
Med verdighet og begeistring  
Vår første lærer  
syerske  
Datter av norge og den  
Amerikanske Revolusjon  
Vår første lærer  
Som lærte oss Kjærlighet  
Som lærte oss å arbeide  
Å lykkes, å inspirere  
Og nå....lærer hun oss å bli eldre  
Med styrke og stolthet  
Med modighet og tillit  
Vår mor

## Our First Teacher

Strong, smart and creative  
Lifelong learner  
  
with dignity and enthusiam  
Our first teacher  
Gifted seamstress  
Daughter of Norway and the  
American Revolution  
Our first teacher  
Who taught us to love  
To work  
To succeed, to inspire  
And now... she teaches us to age  
with strength and pride  
  
Our Mother

## “The” Trumpet

Trumpet, trumpet,  
blasts all day.  
Louder, louder, notes of mindless noise  
permeate our harmony.  
Angry sounds  
Quiet sadness  
Is the music in our ears  
Laughter now has turned to tears  
Hopeful has now turned to fear  
What we “lyst på”  
Is a leader  
who orchestrates the different sections  
One who listens without judging  
to the ones who gather here  
Add dynamics  
Change the score  
Patiently we wait for music  
that will truly harmonize

AUGUST FEATURED POET....Jerri Lynn Baker

# NORSK MUSEUM OPEN EVERY WEEKEND



President Ken serving as a docent



Barb Johnson and Joni Koehler serving as docents

**Docents STILL needed....at the Norsk Museum on Saturday and Sunday from July through September. Contact Steve Tanda (630-377-3621) to be placed on the schedule. Don't miss out on the opportunity to share our heritage with people from all over the world!**

**The following dates are still in need of docents.**

| Date    | Day | Volunteers   |
|---------|-----|--|
| July 21 | Sat | Partner needed to work with C.P. Charleen Seville    |
| July 22 | Sat |  |
| July 29 | Sun |  |
| Aug. 4  | Sat |  |
| Aug 11  | Sat |  |
| Aug. 18 | Sat |  |
| Aug 25  | Sat | Partner needed to work with Charleen Seville         |
| Sept. 1 | Sat |  |
| Sept 15 | Sat |  |
| Sept 16 | Sun |  |
| Sept 22 | Sat |  |
| Sept 29 | Sat | Docents needed for Rose Marie Meusissen Book Signing |

**VASA SCANDINAVIAN PARK  
CELEBRATES 65 YEARS  
Free Admission  
Sunday, July 22, 2018**



Park open at 10:30 a.m.  
Schedule of Events

11:00 Church Service

11:30 a.m. Herring Breakfast - \$10.00 per person

make a reservation at [jlseife@comcast.net](mailto:jlseife@comcast.net).

12:00 cash bar opens

12:00 Boy Scout hot dogs and hamburgers sales begin

Planned Activities

- Games for all
- Dancing
- Raising of the Maypole
- Entertainment
- Campfire

For more information and updates...[www.fasaparil.com](http://www.fasaparil.com) and facebook





## Vasa Park Scandinavian Festival

Sunday September 9, 2018

TIME: 10:00 a.m. to 6:00 p.m.

**Mark your calendars and plan to attend and work in the Polar Star Bakery Booth.**

Start baking (and freeze) your favorite Norwegian baked goods to sell in the booth and look for Norwegian collectibles at garage sales to re-sell in our loppemarked (flea market).

We will be baking Norwegian Vafler with Lingonberries on site and selling pre-packaged baked goods and Norwegian knit items and collectibles.

<http://www.scandinaviandayil.com/>



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## Polar Star Singers and Friends Needed.....



**Fox Valley Norwegian Choir Rehearsal will begin Thursday, September 13<sup>th</sup> at 7:00 p.m. at St. Olaf church for our Høstfest performance.**

**More information to follow from our choir director, Doris Pittman**

# GRATULERER MED DAGEN POLAR STAR



## 15 - 31 JULI

16 Barb Johnson  
18. Cary Hatteberg  
21 Jeff Anderson  
21 Doris Pittman  
22. Dr. Tatiana Ostanina  
25 Frank Krawczyk  
27 Aden Baker  
27 Beatriz Ruiz  
31 Audrey Miller

## 1-14 AUGUST

2 Craig Ray  
5 Tristan Meek  
11 Marzena Zakrzewska-Kecki  
12 Sandy Krickeberg

## UPCOMING EVENTS

July 16,18, & 20 from 10:00-12:00

How to Be A Viking IV

Language, Cooking, Games, Music, and Stories

Call Yorkville Public Library to register 630-553-4354

Attend one session or all three

Presentors: Barb Johnson, Polar Star Lodge  
Connie Kross, Cleng Peerson Lodge

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## POLAR STAR CALENDAR OF EVENTS

JULY 16-18-20 - "HOW TO BE A VIKING" CHILDRENS WORKSHOPS

AUGUST 12 Polar Star Piknik and Viking Games

SEPTEMBER 9 - VASA PARK Scandinavian Festival - 9:00 a.m.

OCTOBER 7 - Norwegian Bingo

NOVEMBER 4 - Høstfest begins at 11:30 a.m.

DECEMBER 2 - JULETFEST

## POLAR STAR BOARD PLANNING FOR 2019



Left to right: VP Frank, President Ken, Cultural Dr. Barb, Secretary Karen , Roald, Art and Treasurer Carol enjoying a working lunch at Colonial Café on July 14th

**COMING IN 2019 .....TROLL HUNTING**  
**Plans are underway for the Polar Star Field trip to search for trolls .**  
**Stay tuned for details!!!!**



**Save Your Canceled Postage Stamps for Tubfrim**

