

# 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 announces the winner of the best Lodge soup

I hope all of you are spending time outside this month!  
Thanks Jerri Lynn for pushing us to get outside and enjoy nature!

Thanks also for all of the cookies that I will be delivering to the Barnebirkie Event on Thursday, February 22<sup>nd</sup> in Hayward, Wisconsin.

Your President,  
Ken Johnson



Polar Star Members who shared the stories of Norwegian American Women in 2023.

## Upcoming Events

### POLAR STAR MARCH EVENT

### "Children of Ash and Elm"

Sunday, March 3<sup>rd</sup>

1:30 a.m.

1<sup>st</sup> St Olaf Church

See article on page 2

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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

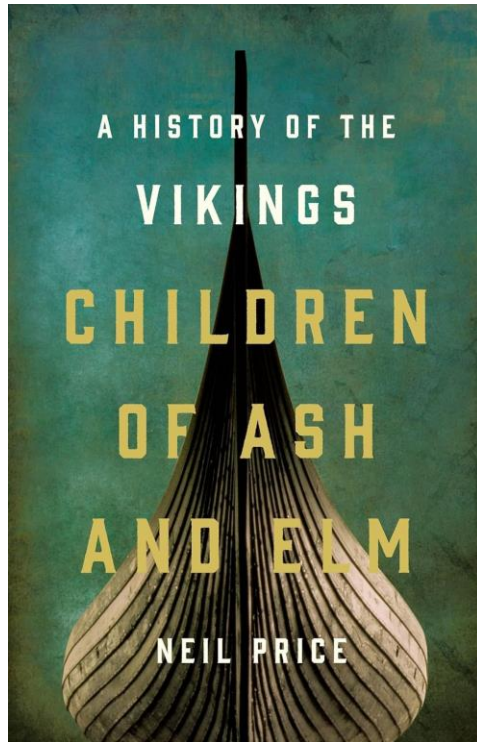
Visit our website

[www.polarstarlodge.com](http://www.polarstarlodge.com)

## Member News!

**Jerri Lynn Baker Wins  
"Soup"er Bowl 2024!**

## Polar Star March 3<sup>rd</sup> Event "Children of Ash and Elm"



**Pot Luck begins at 1:30.**

**Please bring your own table service and  
try to find a Viking Era Dish to pass to kick off our  
year of studying our past.**

**Check out this website  
Before the meeting**

[Let's Discuss VIKINGS! Children of Ash and Elm & Egil's Saga \(w/ thoughts on The Northman\) \(youtube.com\)](#)



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Polar Star tastes eight  
outstanding Norwewgian  
Soup recipes.

## Polar Star Sports and Activities by Jerri Lynn Baker

Polar Star members are being challenged to participate in two walking events in February and March.

**Februar = fjorten dager friluftsliv**



### **February = 14 days of “life in the free air”!**

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv* (*free-loofts-leave*). Roughly translated as “life in the free air,” the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Over the past year, *friluftsliv* has become a buzzword around the globe as people seek to maintain mental and physical balance during Covid. A more modern interpretation can apply to any activity that allows you to appreciate the outdoors in a simple manner. There’s no need for stopwatches or competition—in fact, the simpler you go, the better.

Being the shortest month, February is the perfect time to try and get outside every other day. Starting on the first of the month, why not challenge yourself to experience **friluftsliv** at least half of the days in February? Post photos and anecdotes on [Facebook](#), [Twitter](#) or [Instagram](#) with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway and encourage your friends and family to give it a go, wherever they are!

Ok, we used the word “challenge” in that last paragraph—this is starting to sound rather competitive! But think of it more as a challenge to yourself. Let’s keep things low-key and see how many ways there are to experience *friluftsliv*.

### **See**

- Watch a sunrise or sunset
- Go stargazing
- [Adventure coffee](#)



- Unplug for a whole day
- Prepare and eat a meal in your yard
- Observe birds
- Walk around
- Take nature photos
- Climb a tree
- Put the kids in the yard

## Do

- [Outdoor yoga](#)
- Take a polar plunge
- Sauna / roll in snow
- Build a snowman or snow fort
- Find some trees and put up a hammock
- Try an [outdoor craft](#)
- Visit the dog park
- Build a campfire
- Walk your errands
- Chop your own wood
- Ice skating
- Try out a [kick sled](#)

## Go

- Head to the highest point in your town
- Dog-sledding or [skijoring](#)
- Find a new park
- Go sledding
- Take a picnic hike
- Visit a scenic overlook
- Downhill or XC Ski
- Bike commute to nowhere
- Fishing or ice fishing
- Try snowshoeing
- Take a new route
- [Winter camping](#)

\*If you can't get outside: open the window and breathe some fresh air.

Immerse yourself in some beautiful [nature scenes](#), [sights](#), [winds](#) and [bird calls](#).

**Polar Star members who commit to spending time outside this month please remember to post pictures on our Polar Star Facebook Page or send a picture to Jerri Lynn to record the 14 days of fun you are having as you enjoy the great outdoors!**

**Sons of Norway - Polar Star  
Lenten 80 Mile Devotional Walk  
Feb. 14 – March 31**



**The 80 – mile Lenten Walk  
Remembering Jesus' journey to the Cross for us.**

80 miles, the distance from our Lord's hometown of Nazareth to Jerusalem, the Holy City, can be completed with a 2-mile walk each of the 40 days of the season of Lent (Sundays are not included in the 40 days). Two miles can be completed with a measured , a brisk 30-minute wal, or around 4000 steps. You may tack and mark your progress using the calendar on the next two page of this newsletter. You may walk outdoors, indoors, or use a treadmill. Please se the calendar for suggestions of prayer, thought and healthy living, keeping mindful of the importance of being healthy.

**Sports Director note:** Those of you that are committed to doing the 80 mile "Walking With Jesus" challenge you can incorporate "Friluftsliv" into your days! And those of you not doing the 80 mile walking challenge can just do the February 14 days "Friluftsliv" . The only requirement for "Friluftsliv" is to either post a picture on Facebook of you doing the things outside or make a post about it. Keep track of your 14 days and let me know you completed it! Maybe there will be a raffle for a valuable prize or something laying around my house. <https://www.sofn.com/friluftsliv/...>

**Lykke til alle sammen! (Good Luck Everyone!)**

## Polar Star 80 Mile Lenten Devotional Walk Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
It is suggested to walk 2 miles every day, but Sunday.			Feb 14 Ash Wed. Walk, Soup, Worship  Miles _____	15 Pray Psalm 27  Miles _____	16 Eat an apple.  Miles _____	17 Take a 20-minute nap.  Miles _____
18	19 Pray for Lodge members.  Miles _____	20 Eat your veggies!  Miles _____	21 Walk, Soup, Worship  Miles _____	22 Find time for Silence.  Miles _____	23 Sing favorite hymns while you walk.  Miles _____	24 Pray Psalm 43  Miles _____
25	26 Pray for the homeless  Miles _____	27 Spend time with a child.  Miles _____	28 Walk, Soup, Worship  Miles _____	29 Listen to beautiful music.  Miles _____	March 1 How about fish for supper?  Miles _____	2 Read some poetry.  Miles _____
3	4 Pray for your family.  Miles _____	5 Drink plenty of water.  Miles _____	6 Walk, Soup, Worship  Miles _____	7 Pray for the children of others.  Miles _____	8 Visit an elder.  Miles _____	9 Remember the Saints.  Miles _____
10	11 Fix a favorite chicken recipe.  Miles _____	12 Eat some extra fruit.  Miles _____	13 Walk, Soup, Worship  Miles _____	14 Pray for renewed energy.  Miles _____	15 Remember your Baptism with joy!  Miles _____	16 Be generous toward someone.  Miles _____
17	18 Pray for those who do not know Christ.  Miles _____	19 Send a note or email to an old friend.  Miles _____	20 Walk, Soup, Worship  Miles _____	21 Pray for the children of our military personnel.  Miles _____	22 Try a new Vegetarian dish.  Miles _____	23 Get some extra sleep.  Miles _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24 Sunday of Passion - Palm Sunday	25 Pray for the health of our lodge members.  Miles _____	<u>26</u> Pamper and take time for yourself.  Miles _____	27 Quietly prepare.  Miles _____	28 Maundy Thursday  Miles _____	29 Good Friday  Miles _____	30 The Vigil of Easter.  Today you should complete the 80 miles. I hope you were blessed on the journey.
31 The Resurrection  Celebrate and...REST!						

\_\_\_\_\_ Yes, I completed the 80-mile journey, remembering Jesus' journey.

Those of you that are committed to doing the 80 mile walking challenge you can incorporate Friluftsliv into your days! And those of you not doing the walking challenge can do this! 14 days in February of getting outside is all you need to complete the Friluftsliv challenge! Requirement, either post a picture of you doing the things outside or make a post about it. Keep track of your 14 days and let me know you completed it! Maybe there will be a raffle for a valuable prize or something laying around my house. <https://www.sofn.com/friluftsliv/...>

# Polar Star 5-472 2024 EVENT SCHEDULE

1:30 p.m. St. Olaf Lutheran Church – Montgomery, IL (unless listed)

March 3	Children of Ash and Elm
April 7	The Viking Spirit
May 5	TBD
June 1	Norsk Museum “Frokost” and Open House
August 4	Polar Star Viking Games Picnic
September 8	Vasa Park – Scandinavian Days
October 6	TBD
November 3	Polar Star Høstfest
December 1	Julefest



## Happy 91<sup>st</sup> Birthday Al Bergh



# Sons of Norway Zoom Book Club

**FEBRUARY 29- 6:00 p.m. central time**



**Mystery Read ...*Pierced* ( *Henning Juul* Book 2) by Thomas Enger**

**Shadows of War Thriller...*The Oslo Affair* by C.W. Browning**

**Editor's Note:** I enjoyed both February books. I would suggest that you read "Burned" by Thomas Enger first although all the books in the series can stand alone. I always think it's best to get the background from the first book in a series. The same could be said for the C.W. Browning Shadow of War series. I read *Night Falls in Norway* (Book 3) first and then read Book 2 (*The Oslo Affair*).

## March Selections

**Main Read:** *For the Love of Cod* by Eric Dregni

**Mystery Read:** *The Devil's Star* by Jo Nesbø

To participate contact:

Bill Browning

Sons of Norway Book Club Coordinator

[SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)

## Twenty-Four Roses For You

I don't write love poems very often - or very well.

After 35 years of marriage I wrote a Valentine's love poem to my wife.

*... I'm putting my love for you in my own words  
rather than just signing my name to a storebought card  
created by a wordsmith. ...*

Wrong, *Suzie Hallmark* did not like that I forgot to buy a card.

After 46 years of marriage I took another stab at a Valentine's poem.

*... All I know is that if you ever died I would look for another wife.*

*Not the perfect wife, I'd never find another. But a solid second place wife ...*

This went over even worse - my advice - never mention a second wife.

At the 50 year mark I bought 2 dozen red roses and wrote seventeen syllables:

My Dearest Susan

Twenty-four roses for you

Happy Valentine's

... and the world was at peace.



# **Fern Dell Historic Association**

## **Kumla Supper**

**When: Feb. 18, 2023-- 4:30 til 6:30 pm**

**Where: Newark Fire House**

101 E. Main St., Newark, IL

**Dine in or Carry Out**

**Cost: \$15 ages 9 thru Adult**

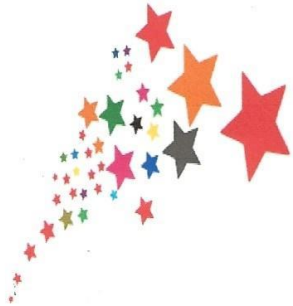
**\$8 kids 8 and under**

**For more information call  
815-736-9190 or 815-735-8319**

**All proceeds go into the roof fund**



**Thank-You for your support**



# 19<sup>th</sup> Annual Luncheon and Palooza Fundraiser for Vasa Park

Presented by Scandinavian Park, Inc. NFP

## Saturday, March 23, 2024

Belvedere Banquets, 1170 West Devon, Elk Grove Village, IL 60007

11:00AM—3:00 PM

**Donation \$70.00 members, \$75.00 non-members**

**Choice of : Sliced Prime Rib of Beef, Chicken Rosemary Veloute, Vegetarian**

**Complimentary Mimosas, Cash Bar**

Cash drawing and Raffle Table with Generous Donations from Scandinavian Organizations,  
Businesss and Individuals

**Entertainment:** Swedish Folk — Jonathan Kamm, Magician

Pay online at <http://www.vasaparkil.com/> using the online registration form.

Payment can be made via Pay Pal or most common credit cards. or Pay using the  
attached registration form. **Payment and registration due by March 8, 2024 .No  
payments will be accepted at the door.** For information call: Carol Hoidahl 847-  
358-1527



-----Reservation Form-----

Make checks payable to **Scandinavian Park, Inc. NFP** and mail to: Carol Hoidahl, 25 Duxbury, Rolling  
Meadows, IL 60008

Number of Members \_\_\_\_\_ Number of Non-Members \_\_\_\_\_ Check Enclosed \_\_\_\_\_

Name \_\_\_\_\_

Circle one:    Beef                      Chicken                      Vegetarian

Guest Name \_\_\_\_\_

Circle one:    Beef                      Chicken                      Vegetarian

Address \_\_\_\_\_

E-mail Address \_\_\_\_\_

Would like to sit with \_\_\_\_\_

I cannot attend, but here is a donation to Scandinavian Park Inc. NFP \$ \_\_\_\_\_



# Vesterheim museum plans 2025 trips...Take a peak!

## Tours Sneak Peek of 2025 Tours



Vesterheim has exciting plans for tours to Norway and the United States in 2025! Join us on these unique opportunities based on the museum's ties and relationships with the artists and institutions of Norway. These tours are all in the planning stages, along with possible other tours. Stay in the loop by signing up for our email newsletter at [vesterheim.org/newsletter](https://vesterheim.org/newsletter), visiting [vesterheim.org/norway-tours](https://vesterheim.org/norway-tours), or contacting Rolf Svanoe at 563-382-9681, ext. 240, [NorwayTours@vesterheim.org](mailto:NorwayTours@vesterheim.org).

### Hurtigruten North Cape Express and Northern Lights

March 2025

Hurtigruten Cruises is offering a brand-new coastal voyage. The cruise begins in Bergen, sails to the North Cape and then back down all the way around the southern tip of Norway to Oslo. This express voyage will have fewer stops and offer different excursion opportunities than previous summer tours. The 14-day cruise starts March 27 and will offer expanded on-board programming in the evenings. Best of all, the trip comes with a Northern Lights guarantee. If you don't see the Northern Lights, you will receive a free cruise from Hurtigruten. We're thrilled to travel the Norwegian coast with you!

### Textile Tour: Bunader in Norway

May 2025

Begin your tour in Bergen on *Syttende Mai* (May 17) surrounded by hundreds local residents dressed in their traditional *bunader*, or national costumes, as they celebrate Norway's Constitution Day. Throughout the tour, you'll learn about many different kinds of traditional Norwegian textiles. The highlight will be an intensive three-day hands-on workshop at the Rauland Academy in Telemark. This tour will be led by textile expert and former Vesterheim Folk Art School staff, Jane Addams, who is a first-generation Norwegian American with a long family history in the woolen mills of Norway and much travel experience in the country.

### Emigration Anniversary Tour to Norway

June 2025

Celebrate the 200th Anniversary of the first organized emigration from Norway to the United States. On July 4, 1825, the ship *Restauration* set sail from Stavanger, Norway, with 52 emigrants on board. This tour will begin in Oslo with a visit to the Norwegian Emigration Museum in Ottestad. The tour will travel around the southern tip of Norway and will be in Stavanger on July 4 to watch the departure of the sailing sloop replica, *Restauration*, as it recreates the journey made 200 years ago. Join us for a trip through the fascinating history of Norway during the 1800s as we enjoy the incredible landscape of this beautiful country.

### Emigration Anniversary Tour to New York City

October 2025

For the first time, Vesterheim is joining with NAHA, the Norwegian-American Historical Association in Northfield, Minnesota, for an exciting tour in the United States to New York City! The replica *Restauration* sailing ship sailing from Stavanger, Norway, will arrive in New York Harbor on October 9, 2025, the same day that the original *Restauration* arrived 200 years before. Join the party to welcome the crew and celebrate their journey across the Atlantic as they retraced the path of the original emigrants. Explore the impact of Norwegian Americans on the New York City area while visiting Ellis Island, the Statue of Liberty, and the Scandinavian East Coast Museum in Brooklyn where Victoria Hoffmo, head of the museum, will be our tour guide. This three-four day tour can easily be expanded for your own visits to Broadway shows and musicals.

# HURRAH FOR DEG POLAR STAR!



<b>FEB 16-28</b>	<b>GRATULERER MED DAGEN</b>	<b>MARCH 1- 15</b>	<b>GRATULERER MED DAGEN</b>
<b>20</b>	<b>Phillip Nelson</b>	<b>4</b>	<b>BETTY LANDORF</b>
<b>29</b>	<b>Ed Hatteberg</b>	<b>14</b>	<b>Julianne Peterson</b>



**Happy 19<sup>th</sup> Birthday Ed!!**



## Penny Social 2024



**Sons of Norway - Polar Star Lodge 5-472**  
**Regular Meeting, February 4, 2024**  
**St. Olaf Lutheran Church - 1233 Douglas Avenue - Montgomery, IL 60538**

President Johnson called the meeting to order at 2:30 PM, following our 1:30 Norwegian Soup Cook-Off and potluck luncheon. Everyone tasted the delicious soups submitted for our annual Polar Star soup contest. Luncheon also included several salads, side dishes, and desserts. The kitchen committee of the day included Karen Oswald. The Pledge of Allegiance was followed by the singing of the United States, Norwegian and Canadian national anthems.

**President's Announcements:**

- Ken opened the meeting and welcomed everyone.
- Ken announced that Jerri Lynn Baker won first place in our 2024 Norwegian Soup cookoff. She was awarded the Polar Star Golden Pot.
- The 2024 District 5 Convention will be held June 19-22 in Indianapolis, and Polar Star is entitled to 3 delegates. Elected as delegates were Steve Tanda, Floyd Anderson, and Kelly Welin. (Barb and Ken Johnson will be alternates.) Motion was made, seconded, and passed to reimburse \$500 to each of three attending delegates.
- Ken will submit Polar Star entries for Geneva's Swedish Days parade and the Park Ridge Syttende Mai parade.

**Vice President Report:**

- Frank reported that our membership has fallen from 72 to 62. Everyone needs to work to attract new members.

**Treasurer Report:**

- Carol read a summary of the Treasurer's report (copy attached). Motion to approve was passed. Current total assets are \$17,629.38
- Carol reported acknowledgments received for our lodge's recent donations.

**Secretary Report:**

- Karen reminded everyone to begin recording their 2024 volunteer activity hours.

**Social Director Report:**

- The annual Norge Ski Tournament was January 27-28. Nancy exhibited t-shirts, pictures and news reports.
- Vasa Park fundraiser lunch is March 23.
- Nancy requested everyone to sign up for kitchen duty for least one 2024 Polar Star meeting.
- Frank, Carol, Sue, and Steve will be kitchen hosts for the March meeting.

**Cultural Director Report:**

- Barb congratulated and thanked Jerri Lynn, Karen, Kelly, Al, Art, Ken, and Barb, the members who introduced us at our January meeting to their most admired Norwegian women.
- She announced that our 2024 cultural goals and meeting focus will be our Viking ancestors, and will include reading Viking-related books, Viking cooking, and Viking era musical instruments. Details in upcoming monthly newsletters.
- The Norsk Museum will be open February 17, 18, 19 from 10 to 4, and that other local museums in that area will also be open. Norsk Museum is requesting docent volunteers those days.
- Barb talked about the national Sons of Norway Book Club and mentioned several books they are reading.
- We celebrated Al Bergh's 91<sup>st</sup> birthday and Brooklyn's 15<sup>th</sup> birthday with traditional Norwegian circle and song.

**Sports Director Report:**

- Jerri Lynn announced a new sports challenge: an 80 mile Lenten Walk, from Ash Wednesday, February 14, to the Saturday before Easter, March 30<sup>th</sup>. Contact Jerri Lynn for information and log sheet.

**Meeting Adjournment:** The meeting was adjourned at 3:05 p.m., followed by our annual Polar Star penny auction.

**Next Meeting:** Sunday, March 3: "Children of Ash and Elm".

Respectfully submitted,  
Karen Oswald, Secretary



