

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



Pat and Al
Working the fair September 11th

President's Message



Nancy, Ed, Doris, Steve, Barb, President Ken, Connie, and Carol at Vasa Park 2016
Hilsen Polar Star Lodge!

What a wonderful day spent with our Scandinavian friends at Vasa Park! Our total receipts for the day were substantially greater due to the fine efforts of our members. Thanks to all of my fellow Lodge members for all the help setting up, working our booth and cleaning up! Thanks also to all of the bakers for all of the delicious Norwegian treats that were flying out of our booth all day! I continue to be proud of our hard working Lodge and look forward to all of our fall events

Tusen Takk
Your President
Ken Johnson

PS: Don't forget that our Norwegian Choir Rehearsal begins Thursday, September 15th!

UPCOMING EVENTS

Fox Valley
Norwegian Choir
Rehearsal
begins Sept. 15th

October 2, 2016
Polar Star Lodge Event
"The Sloopers"

See article on page 2

Polar Star
Taste of Norway
Høstfest
Sunday Nov. 6th

See flier on page 5

Polar Star Newsletter Deadline
Will be the 14th of every month.
Please submit all articles to Barb Johnson
at barbijohnsonb@aol.com
Follow us on facebook @
Sons of Norway – Polar Star Lodge



Barb Johnson and Connie Kross participate in the Mr. Rainier trip at the International Convention



District 5 International Convention delegates



I highly recommend signing up to receive this great publication. The last of its kind. subscribe@na-weekly.com

The International Gathering.....

I had the opportunity to attend the Sons of Norway International Convention held in Tacoma, Washington August 23-28 with my sister, Connie Kross.

What a fabulous opportunity to meet other “professional” Norwegians from all over the world and to enjoy the beauty of the Pacific Northwest for the first time. The highlights of the trip for me were meeting a former student who lives in the area, cruising the Puget Sound, and of course seeing Mt. Rainier in all of its glory.

THE SLOOPERS

Presented by

Steve Tanda and David Johnson

October 2, 2016



Buffet begins 1:30 p.m.

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

CULTURE CORNER by Barb Johnson

TYTTEBÆR OPPSKRIFT (LINGONBERRY RECIPES)

Lingonberry is a delicately tart flavored member of the cranberry family that grows wild in the mountainous regions of Scandinavia, Russia, Canada and Alaska. In Norway they are called tyttebaer, in Finland puolukka, and in Germany, preisel-beere. Whatever the name, however, the berries are treasured for their unique flavor as well as the same highly nutritional and medicinal values possessed by cranberries. The wild berries are harvested in Scandinavia and processed commercially as jams, sauces and preserves. Lingonberry products make excellent accompaniments for pancakes, meat and fish entrees, with baked goods and in beverages.

Here are my favorite tyttebær recipes. Enjoy!

LINGONBERRY BARS Recipe shared by Ruth Ann Dierzen of Cleng Peerson Lodge

1 ½ cups softened butter

1 ½ cups sugar

1 large egg

2 ½ cups flour

1 2/3 cups rolled oats

1 teaspoon Almond extract

1 14 oz. jar of lingonberry preserves (or whole cranberry sauce)

Preheat oven to 350 degrees. Grease a 9" x 13" pan

Mix ingredients in order listed except for lingonberries. Set 1 ½ cup of batter aside. Press remaining mixture into bottom of prepared pan. Spread preserves evenly over base. Drop remaining batter evenly over the lingonberries. Bake 25 to 45 minutes until lightly browned. Cool and cut into squares. Kenny likes them best after they have been frozen.

TYTTEBÆR KAKE

½ cup of softened butter

1 cup sugar

2 eggs

1 ½ cups flour

1 tsp. cardamom

½ tsp. cinnamon

½ tsp. ground ginger

1 tsp. baking powder

¼ tsp. salt

½ cup sour cream

½ cup lingonberry jam

Grease and flour 9x5 loaf pan (I use 5 small loaf pans) lined with parchment paper on the bottom. Cream butter with sugar; add egg and mix. Mix dry ingredients in another bowl. In a third bowl, whisk together sour cream and lingonberry jam. Alternate blending the dry ingredients and sour cream/jam mixture into the butter mixture until blended. Pour into loaf pan(s) (¾ to 1 cup per loaf pan if using small loaf pans) Bake † 350 degrees for 55-60 minutes. Small loaf pans approx.. 45 minutes. Stick a toothpick in to test.

Send your favorite Norwegian Christmas Cookie recipes to Barbjohnsonb@aol.com by October 14th for publication in the November newsletter.



Polar Star at the Vasa Park Scandinavian Festival Day



Sons of Norway - Polar Star Lodge



“Taste of Norway” Høstfest – Fall Festival Sunday, November 6, 2016

St. Olaf Lutheran Church – 1233 Douglas Ave.

Noon - 3:30 p.m.

Montgomery, IL

**Taste Traditional Norwegian Food
Shop for Scandinavian gifts, and jewelry
Lefse and Krumkake demonstrations
Norwegian Craft demonstrations**

Rosemaling

Kolrosing

Jewelry

Knitting

- **Fox Valley Norwegian Choir Performance at 1:00 p.m.**

**Contact: Polar Star Cultural Director - Barb Johnson
email barbjjohnsonb@aol.com or by phone: 630-553-7389**

Calling all Polar Star singers, friends and children.....



Fox Valley Norwegian Choir Rehearsal will begin Thursday, September 15th at 7:00 p.m. at St. Olaf church for our Høstfest performance. This year we will introduce the Polar Star Children's Choir. Please recruit your children and grandchildren!

POLAR STAR 2016 CALENDAR OF EVENTS

2015 PROGRAMS 1:30 p.m. (unless listed)

OCTOBER 2 – The Sloopers

Kitchen Help needed – contact Nancy Andersen

NOVEMBER 6 - Høstfest

DECEMBER 4 - JULETFEST



Gratulerer Med Dagen (Happy Birthday) Polar Star!



SEPTEMBER
22. Brooke Johnson

OCTOBER
7. Richard Jensen
7. Matthew Johnson



SAVE YOUR STAMPS!

Nordikreations
Scandinavian and Viking-style Jewelry
HAND-CRAFTED BY PHYLLIS

www.etsy.com/shop/Nordikreations
www.etsy.com/shop/kreationsbyphyllis
email: nordikreations@yahoo.com
Facebook: Nordikreations

See back for shop information >

SHOP INFORMATION
Nordikreations Scandinavian and Viking-style Jewelry and Gifts
Hand-crafted jewelry by Phyllis. Domestic and imported gift items
1 Courthouse Square, Space #21,
Crown Point, Indiana
Hours: Tues - Sat, 10a-5p (closed Sunday and Monday)

Come out to Crown Point, Indiana . . . stop by my new Nordikreations Shop, located in the Old Crown Point Court House. We are about 13 miles south of I-80/94. Make a day of it and check out the many antique shops and old town restaurants. Find out about other events in the area on alongthesouthshore.com.

