

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

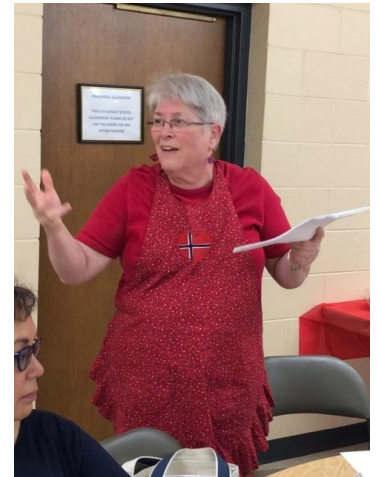


Greetings Polar Star Lodge!

Our Polar Star Fiskesuppebolle Søndag was a huge success! Thanks to all of you who created the outstanding Fish soups for our first annual fish soup cook off! Steve Tanda has proven to be the “mester av fiskesuppe” to beat!

Barb informs me that our lodge has completed the 5 Norwegian meat dishes that will earn us Part 3 Food medals if we all turn in our paperwork. Hopefully we will get that done by the March meeting! Our Penny Social was also a great success – we brought in \$190.00 for our Lodge. Thanks to everyone for bringing in items to auction and to all of you who bought tickets!

Your President,
Ken Johnson



Secretary Karen reminds Polar Star members to track volunteer hours.

Upcoming Events

Fern Dell Historical
Association
Kumla Dinner
February 16

POLAR STAR
FASTELAVN
SØNDAG

Sunday, March 3
St. Olaf Church
See articles on page 2 & 3

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
Visit our website

FASTELAVN SØNDAG
MARCH 3
POLAR STAR MONTHLY EVENT



Celebrating Fastelavnssøndag
(Sunday before Lent)

Our March 3rd monthly March event date just happens to fall on the 7th Sunday before Easter and is called Fastelavnssøndag. In many parts of Scandinavia this is a special day with special traditions. Join as we create some of these special traditions at our meeting.

St. Olaf Lutheran Church – Potluck begins at 1:30 a.m. and will feature “Fastelavnsbolle” (sweet Easter rolls filled with whipped cream).

Recipe in next month’s newsletter!

Plan to arrive at 12:30 to make fastelavnsboller and to decorate a fastelavn table decoration to take home. Please bring your own bud vase and table service.

Program: Jerri Lynn Baker (see side insert)

Member News!

Jerri Lynn Baker
will provide
our March Program



Our Sports Director will be presenting her “My Freakin 365+1” program at Fastelavns Sunday

Jerri Lynn Baker, our Sports Director, lives each day to its fullest – or pretty close. Five years after her 2004 cancer diagnosis, Jerri Lynn stopped focusing on death and started seeking joy.

We will hear about and be inspired by her “My Freakin 365+1” adventure in which she did something new every day for a year, and we learn from her to take joy in the little things!

WHAT IS FASTELAVNSSØNDAG?

Fastelavn is the name for Carnival in Northern European nations of Denmark, Norway, Iceland, Greenland, Estonia, Latvia and the Faroe Islands. The term “Fastelavn” comes from the Old Danish “fastelaghen”, which meant, “fast evening” or the day before Lent. Traditions of Fastelavn vary between the countries and vary from one district to another within the Scandinavian countries. The common themes of the celebration include the following:

1) **Masked ball and/or processions**

This tradition appears to be very similar to our Halloween. Children dress up in costumes and go door to door and sing for treats. Adults often hold a masked ball. Edvard Grieg’s “aus dem Karneval” (folkelivsbiller Op.19) and Johan Svendsen’s Fetpolanaise were written for Carnival Balls.

2) **Slå katten of tønden** (Hit the cat out of the barrel)

This tradition includes hitting a wooden barrel filled with candy (like hitting a pinata). Historically the barrel tradition may have been introduced by Dutch immigrants to Copenhagen during the reign of Christian II of Denmark in the 1500’s. A black cat was originally placed in the barrel and the beating of the barrel until the cat escaped was superstitiously considered a safeguard against evil.

3) **Fastelavnsris** – Decorated tree branches

Fastelavnsris have many shapes and forms. In many areas they are bunches of twigs (preferably with buds) decorated with feathers, egg-shells, ribbons and other symbols of new life. The twigs are placed in a vase and used as an Easter table decoration. The buds will hopefully bloom in the seven weeks before Easter.

4) **Fastelavnsbolle** – sweet cardamom rolls

These round, sweet rolls filled with whipped cream and marzipan are sold throughout Scandinavia the month prior to lent.

So.... Come to Fastelavns søndag in your **favorite costume or mask!**

Come early and learn how to make fastelavnsbolle and go home with your fastelavnsris vase!



Polar Star Culture Field Trip 2019

June 20-23, 2019

Minneapolis, MN.



Book your hotel room now!

Hyatt Regency Hotel – Bloomington/Minneapolis

3200 East 81st Street

Bloomington, MN 55425

(952) 922-1234

Reservations under Sons of Norway Polar Star Lodge

#26337605 - \$129.00 per night

Polar Star members will be traveling to Minneapolis to experience the Scandinavian culture that is so prevalent there. We will stay at the Hyatt Regency Hotel just blocks away from the Mall of America and steps away from the city tram that travels from the Mall of America to downtown Minneapolis.

Planned activities include:

- Tour of the Swedish American Center, Turnblad Mansion & Nelson Cultural center
- Tour of Historic Fort Snelling
- Visit to Norway House and Ingebretsens
- Day trip to Alexandria, MN to view the Kensington Runestone Museum
- Mall of America and IKEA shopping
- Norwegian Memorial Church (Mindekirken) service

A block of 10 rooms has been reserved and will be held until May 23, 2019

POLAR STAR CULTURAL CORNER

by Barb Johnson



The 2019 Polar Star Chocolate Book Flood continues....
Bring a book you love with your favorite chocolate to every event

Polar Star Culture Goals for 2019

1. Lodge members will earn Part 1 The Basics of Norwegian Language medals by participating in the “Mystery of Nils” Language Group.
2. Lodge members will earn Part 1 Literature Medals by reading three books written by Norwegian American or Norwegian authors in 2019.

I also hope that Polar Star knitters will continue to make “Little Red Hats for Big Hearts” in 2019. I delivered over fifty hats to Lurie Children’s Hospital on January 3. They were greatly appreciated and I received this response from Eileen Johnson, Manager of Patient-Family Experiences. *“Thank you for thinking of Lurie Children’s and your generous donations of all the darling hats! Our kids and families truly enjoy these special gifts. Your time and generosity is truly appreciated”*

Project website and pattern links below.

http://www.heart.org/HEARTORG/Affiliate/Little-Hats-Big-Hearts_UCM_487734_SubHomePage.jsp

<http://www.handsoccupied.com/red-hats/>

<http://www.bevscountrycottage.com/bevs-baby-ribs-hat.html>

POLAR STAR COMPLETE PART 3 FOOD MEDAL REQUIREMENTS

PLEASE TURN IN YOUR PAPERWORK!

Polar Star Cooking Group members - please complete your paperwork for the five meat dishes we have prepared at Lodge meetings in the past year. I will be turning in all the paperwork after the February meeting.

Completed Meat Dishes

1. Tørsk (Cod)
2. Medisterkaker (Meat patties)
3. Lapskaus (Viking Stew)
4. Fårikål (lamb and cabbage)
5. Lutefisk
6. Fish Soup

<ul style="list-style-type: none">■ Use one form for each recipe prepared■ Take at least one picture of each recipe as you work and include these with your report■ This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.	<p>TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 3</p> <p>RECIPE # _____</p> <p>Recipe Name: _____</p> <p>Where did you find the recipe:</p> <p><input type="checkbox"/> From a cookbook (name and author): _____</p> <p><input type="checkbox"/> From a website (URL): _____</p> <p><input type="checkbox"/> From a family member/friend: _____</p> <p><input type="checkbox"/> From another source: _____</p> <p>Is there a particular story or memory associated with this recipe? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If yes, please share.</p> <p>_____</p> <p>_____</p> <p>What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)?</p> <p>_____</p> <p>_____</p> <p>What recommendation(s) would you make to others who are preparing this recipe?</p> <p>_____</p> <p>_____</p> <p>Would you prepare this recipe again? If yes, what changes would you make, if any?</p> <p>_____</p> <p>_____</p> <p>If you would not prepare this recipe again, why not?</p> <p>_____</p> <p>_____</p> <p>What do you learn from preparing the recipe?</p> <p>_____</p> <p>_____</p> <p>Other comments:</p> <p>_____</p> <p>_____</p>
	<p> SONS OF NORWAY</p> <p>1455 W. Lake Street, Minneapolis, MN 55408 (800) 945-8851 or (612) 827-3611 www.sonsofnorway.com</p>

Polar Star Sports and Activities

POLAR STAR WILL BE BIKING IN 2019

by Sports Director, Jerri Lynn Baker

Virtual Bike Ride anyone? This route from Lillehammer to Bergen is 363 miles. Many of us have been busy walking the Virtual Camino de Santiago and beyond earning our Gangmerke medals so how about we start thinking about earning some Sykkelmerke bling!

You can ride your stationary bike now and when the weather gets warmer, if you like, you can head outside on your bike that takes you to someplace different, or stick with the Stationary if you choose. It's your choice. Ages 55-69 can earn their bronze medal with 100 miles of biking and ages 70+ you just need 60 miles for that bronze! If you want to participate in this Virtual bike race, I will have your Sykkelmerke forms for you to pick up at the February meeting. For everyone who completes the 363 mile Virtual bike ride from Lillehammer to Bergen their name will be placed into a drawing for the chance to win a "fabulous" prize.



Ed and Diana earn Enamel Gangemerke (Walking) medals from Sports Director, Jerri Lynn

HURRAH FOR DEG POLAR STAR!



Al Bergh 86 gammel år



FEB 16-28	GRATULERER MED DAGEN	MARCH 14	GRATULERER MED DAGEN
16	JEREMY OLSON	1	VLAD GLEYZER
17	KAREN S. ANDERSON	3	BETTY LANDORF
20	PHILIP NELSON	6	CHASE AUSTIN
27	RICHARD LARSON		

Polar Star 5-472 2019 EVENT SCHEDULE

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

March 3	FASTELAVEN SØNDAG
April 7	The Mystery of Nils
May	Celebrating Syttendemai
June 1	Norsk Museum Frokost and Open House
June 20-23	Polar Star Field Trip
July 15, 17, 19	How to Be a Viking – Yorkville Public Library
August 4	Polar Star Indoor Picnic
September 8	Vasa Park – Scandinavian Days
October 6	Celebrating Leif!
November 3	Høstfest
November 18	Norsk Museum Smørgåsbord
December 8	Julefest

2019 POLAR STAR KITCHEN COMMITTEE

March 3	Sue and Steve Tanda
April 7	Frances and Roald Berg
May 5	Ed Hatteberg Diana Raimond
June 1	Breakfast at Norway Community Bldg. – all members
August 4	Indoor Picnic – Grillmat
October 6	Jerri Lynn Baker Phoebe and Al Bergh
November 3	All members - Høstfest
December 8	Polar Star Board Members

NORSKE MUSEUM COOKBOOK FUND RAISER



Polar Star, Cleng Peerson, and the Norsk Museum Board members will be working together to create a cookbook with our favorite family and Norwegian recipes. Proceeds from the sale of the cookbooks will go to the Norwegian Museum. We hope to have the cookbook ready to sell by the 2019 Smørgåsbord on November 18th. To make this happen, we need all of you to send your favorite recipes to Barb Johnson as soon as possible. I suggest that you include all recipes that you would like to pass on to your children and grandchildren and give the cookbook as a gift to them next Christmas.



Coming soon....Fastelavensboller

FIRST ANNUAL POLAR STAR FISKESUPPE “COOK OFF”



Steve Tanda “mester av fiskesuppe” and Al Bergh earns the fiskesuppe ladel



Polar Star Fiskesuppe creators!

L toR: Betty, Barb, Steve the “mester”, Josie, Ed, Nancy, and Jerri Lynn



Polar Star Penny Social 2019





**Sons of Norway
Polar Star Lodge 5-472
Regular Meeting, February 3, 2019**

**St. Olaf Lutheran Church
1233 Douglas Avenue
Montgomery, IL 60538**

At 1:00 p.m., Jerri Lynn Baker conducted the Fish Soup Cookoff judging. Nine soups were submitted. First place Steve Tanda was awarded the Golden Pot. Al Bergh in second place was awarded the golden ladel. The tasters enjoyed all of the soups!

President Johnson brought the meeting to order at 2:15, following our 1:40 potluck luncheon. The kitchen committee of the day was Karen Oswald, Carol and Richard Vigenes.

The Pledge of Allegiance was followed by the singing of the United States, Norwegian and Canadian national anthems.

Treasurer Carol Devito read the Treasurer's report (copy attached). A motion was made, seconded and passed to raise to \$150 the space rental amount paid to the church for each meeting.

Al Bergh 86th Birthday: We celebrated Al's 86th birthday with a traditional seat of honor, surrounded by all of us singing the Norwegian birthday song.

Cookies for Barnebirkie: Cookies were collected for the annual barnebirke to be held in Wisconsin. Ken will arrange to deliver them.

Medals: Jerri Lynn Baker awarded 4th level enamel walking medals to Diana Raimond and Ed Hatteberg.

2019 Volunteer Hours: Karen thanked everyone for their 2018 Volunteer sheets, and passed out Volunteer sheets to be used for 2019.

Barb Johnson reminders: Barb reminded to submit recipes for the cookbook fundraiser, bring books and favorite chocolate for the Jolabokaflokk, and work on completing and submitting paperwork for culture medals. She said we should hear soon about our request for a language cultural grant.

The meeting was adjourned at 2:35 p.m., followed by our annual Polar Star penny auction.

Respectfully submitted,
Karen Oswald, Secretary