

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

President's Message



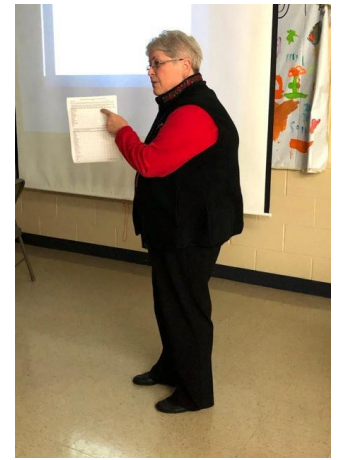
President Ken and Barb will celebrate their 50th wedding anniversary on January 29th

Greetings Polar Star Lodge!

How time flies!

Barb and I will celebrate our 50th wedding anniversary at the end of the month with a long over-due “bryllupsreise” to Hawaii pending Covid and the weather. We will be home just in time to attend our February Penny Social so I look forward to seeing all of your treasures on display.

**Your President,
Ken Johnson**



Secretary Karen says”
Send your Volunteer Tracking forms to her TODAY!!! (See page 9)

Upcoming Events

**Polar Star
Penny Social**
February 6, 2022
See page 2 for details

**Sons of Norway Zoom
Book Club**
Last Thursday of the month
See page 7 for details.

**Stoughton H.S. Norwegian
Dancers**
March 6
Cross Lutheran Church
See page 4

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

Polar Star Penny Social



February 6, 2022
1:30 St. Olaf Lutheran Church

After a Covid break our annual Penny Social will return in 2022 pending the weather and additional Covid restrictions. Please bring your garage sale treasures for re-sale. Tickets will be sold for 25 cents each. Polar Star Potluck will begin at 1:30 followed by the Penny Social. Please bring a dish to pass, your own table service, along with food pantry items that will be donated to the Saint Olaf Food Pantry.



Norge Ski Club's
International Winter Tournament 2022
January 29th and 30th, 2022

Noon - 4:00PM
Gates Open at 11:00AM

SAT. JAN 29

Junior Competition

K70 Competition

SUN. JAN 30

K70 - US Cup Five Hills Tournament

Long - Standing Competition



Highlights:

- Junior National Qualifier – Junior Ski Jumpers compete on the big hill (Saturday) for a spot representing the Central Division for the Championships at Norge Ski Club in Chicago IL February.
- Five-Hills Tournament: International Ski Jumping Teams will compete head to head with U,S. Jumpers both days, for the first of 5 Competitions in the Midwest's Five-Hills Tournament.

A Weekend of Fun for the Entire Family!

Ski jumpers from around the world compete on our 70-meter hill.

- Brats, Hot Dogs, Pizza, Popcorn, Pop, Beer, Wine, Jägermeister
- No Snow, No Problem - We make our own!

Admission - Buttons are required and good for Sat. & Sun.

\$15.00 purchased online sales started December at norgeskiclub.org

Buttons are non-refundable

Free admission for children 12 & under

Bring blankets & lawn chairs



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Polar Star Hosts The Stoughton High School Norwegian Dancers March 6th



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Polar Star Sports and Activities by Director, Jerri Lynn Baker



Next Sport Challenge! **14 days of Friluftsliv in February!** Februar = fjorten dager friluftsliv

This challenge is to get all of us outside for at least half of the days of February--for physical activity and to enjoy nature!. **AND YES, I EXPECT PICTURES** of you outside!

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche:

friluftsliv (*free-loofts-leave*). Roughly translated "life in the free air," to immerse yourself in nature, resulting in benefits to mind, body and spirit. Any activity that allows you to appreciate the outdoors in a simple manner.

February is the perfect time to try and get outside. Starting on the first of the month, I'm asking you to challenge yourself to experience **friluftsliv** at least 14 days in February. Start with Feb. 1st and at least try to get outside every other day. Post your photos and anecdotes on our [Facebook](#) page and use the hashtags #14daysoffriluftsliv and #sonsofnorway. PLEASE remember to be conscience of your surroundings and the weather! BE CAREFUL, but ENJOY!

Here are some suggestions! It's not all walking or running to enjoy friluftsliv. Whatever activity you choose I am asking you to please keep a small journal of the dates you went outside, what you did, your thoughts behind your activity and if possible, a picture or two. At our March meeting I will ask you to turn in your journal. I will give it back if you want to keep it

- Watch a sunrise or sunset
- Go stargazing
- Adventure coffee (take a thermos outside to a park or other pretty outdoor spot)
- Prepare and eat a meal in your yard
- Observe birds
- Walk around
- Take nature photos
- Outdoor yoga
- Build a snowman
- Try an outdoor craft
- Visit the dog park
- Build a campfire
- Walk your errands
- Head to the highest point in your town
- Find a new park
- Take a picnic hike
- Visit a scenic overlook
- Cross Country Ski or snowshoe (you can rent the equipment at some outdoor places, ask around)
- Fishing or ice fishing
- Take a new route

*If you can't get outside: open the window and breathe

Editor's Note: What a great idea from our Viking Sports Leader and Warrior!!!! President Ken and I are all in!!!!

POLAR STAR CULTURAL CORNER

by Barb Johnson

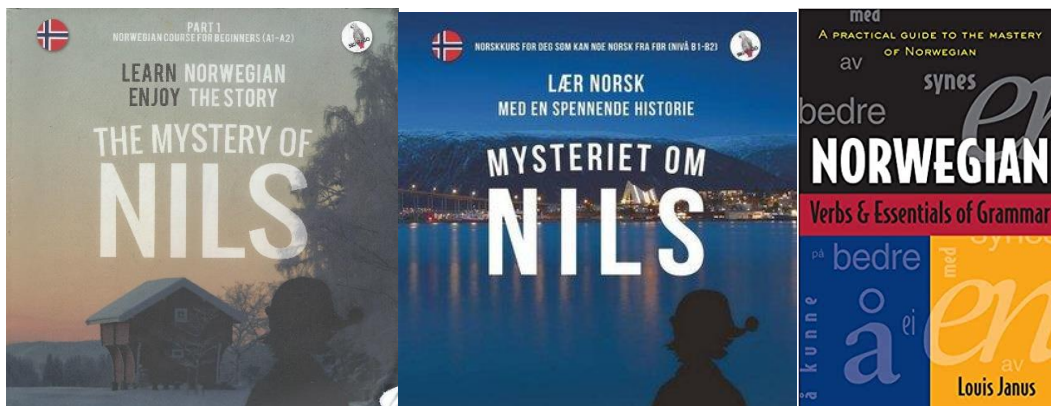
POLAR STAR “ZOOMS” (again) INTO A NEW YEAR

Inger's Språkkrigere (Language Warriors)

The Polar Star Norwegian Language group Zooms into a new season. All levels are welcome to join the new season!! Friday mornings from 10:00-12:00. Contact barbjjohnsonb@aol.com for a zoom link.



Native Speaker and author of “Come for Coffee”, Inger Langshol,† is the “leader” of the Polar Star Språkkrigere.



Sons of Norway Book Club

Editor's Note: I zoomed into the newly formed Sons of Norway Book Club last month. There were readers from all over the country, and I look forward to reading all of the selections and joining in the discussions. If you have not read *Assault In Norway; Sabotaging the Nazi Nuclear Program*, by Thomas Gallagher, Kenny and I would highly recommend it. We were both amazed and in awe of the selfless courage of the Norwegian volunteers who successfully completed a dangerous mission that changed the course of history for all of us!

To join the book Club contact Bill Browning – Sons of Norway Book Club

Coordinator at SonsOfNorwayBookClub@gmail.com

January 2022 Book Selections

Main Read: *Fellowship of Ghosts* by Paul Watkins

Mystery Read: *The Girl with the Dragon Tattoo* by Stieg Larsson

Zoom Meeting/Discussion Date: January 27

February 2022 Book Selections

Main Read: *The Ice Palace* by Terjei Vesaas

Mystery Read: *The Dogs of Riga* by Henning Mankell

Zoom Meeting/Discussion: February 24

March 2022 Book Selections

Main Read: *Peer Gynt* by Henrik Ibsen

Mystery Read: *Burned* by Thomas Enger

Zoom Meeting Date/Discussion: March 31

Norwegian American Women

Our January Lodge meeting was cancelled but the program and our commitment to learning about the contributions of Norwegian American Women was not canceled. My sister, Connie Kross, and I plan to present our Norwegian American Women Research project for our August gathering. In the mean-time, we would like to use the newsletter to introduce the Norwegian American Women of Polar Star. Thank you to Karen Oswald for providing the first (of many) tributes to her Grandmother. Please read about Berta Susanna Hansen Ahlsen.

Bertha Susanna Hansen Ahlsen



- Born December 18, 1892 in Grimstad, Norway.
- Emigrated to the US through Ellis Island circa 1911.
- Married Hans Olaus Ahlsen circa 1912 in Bay Ridge, Brooklyn, New York.
- Became a US Citizen on March 15, 1929 in Patchogue, New York.
- Died September 19, 1977 in Amityville, Long Island, New York.

My grandmother Bertha Susanna Hansen was born and grew up in the town of Grimstad Norway, located on the southern coast. She had four sisters and three brothers. She and three of her sisters emigrated to the United States through Ellis Island, with the oldest sister emigrating first, and after finding a job then sponsoring the next oldest sister, etc.

When Bertha came to the United States, she worked in Manhattan as a cook and nanny for a wealthy family. Like many Norwegian immigrants, she met my grandfather in a Norwegian social club in New York City. He and one of his brothers were in the Norwegian Merchant Marine and had emigrated earlier in 1912.

When they first married, Bertha and Hans lived in a multi-story brownstone walk-up in the heavily Norwegian Bay Ridge section of Brooklyn. After their fifth child (my father) was born, they moved to Amityville New York and bought a house, where they had their sixth (and last) child. They had four boys and two girls. Because the oldest children didn't speak English and had trouble when they started school, my grandmother decided that the family would not speak Norwegian in the house, consequently the youngest children never learned any Norwegian. Like many immigrant families, they wanted to assimilate into the US culture. But they still kept many of the Norwegian holiday customs and foods. For example, Christmas Eve was always a white dinner: codfish, boiled potatoes, onions with cream sauce, and rice pudding. Her rhubarb pudding was always a favorite of mine.

She was talented in that great Norwegian pastime, knitting. I remember that she would make many indoor and outdoor clothing items. They were not heavily decorated, but were always very functional.

My grandfather laid hardwood floors for a living. He died in 1936 from a drowning accident, so Bertha became a widow. It was during the depression, and she had to support six children. She was a very strong, independent woman and found work in a commercial laundry, and later in a factory using a sewing machine. She continued to work there until she retired many years later. She managed very frugally and was able to keep the house all those years until her death. I have many fond childhood memories of Thanksgiving and Christmas holidays in that house, and of playing there with all my cousins.



January 15-31 Birthdays	February 1-14 Birthdays
29. Elsie Sorenson	1. Brianna Meek
	3. Joanne Ward
	4. Al Bergh
	6. Joanne Gryder
	9. Al Benson
	14. Craig Leifheit



Al Bergh



Al Benson

Please return completed 2021 Volunteer Hours report form by the end of January to: Karen Oswald, 2857 Normandy Circle., Naperville, IL 60564-2820 or digitally at ahlsen@aol.com

Activity Volunteer Hours Tracking Sheet - Polar Star Lodge 5-472

Member Name _____ Phone _____ Service Year _____

This data is used for mandatory reporting that maintains Sons of Norway tax-exempt status, and for National Sons of Norway to lobby on behalf of Fraternal benefit societies. Annually, by end of January, submit your completed form to the Polar Star Secretary. Tusen takk.

- **Membership Activities** – Volunteer time spent on preparing, running or supporting projects/programs organized by Sons of Norway at a lodge, district or international level that were devoted to lodge business affairs, recreational/social events, training seminars, cultural classes, officer duties, etc. **Include only volunteer time** spent organizing, planning or working at/for the events. Do **not** include lodge meeting attendance time.

Member Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Lodge Meeting/Food (prepare food for pot luck; set/clean up; kitchen duty)													
Lodge Meeting Programs/Activities (plan/prepare/lead)													
Training/Seminars (plan/prepare/lead)													
Officer Duties													
Manage Newsletter/ Facebook/Website													
Board/Committee Meetings													
District or National Meetings/Training													
Other (describe)													
TOTAL MEMBERSHIP HOURS:													

- **Community Activities** – Record time that you volunteered in the name of / on behalf of Polar Star lodge, another Sons of Norway lodge, or SON district or international level at events focusing on community involvement/interest. **Include only your volunteer time** working at, planning for, or traveling to/from the event. Do **not** include time just attending.

Community Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Høstfest (prep/food/work)													
Fox Valley Norwegian Choir													
Vasa Park (prep/food/work)													
Norsk Museum (docent/manage/maintain)													
Norsk Museum Fundraisers breakfast/smorgasbord/etc (prep/food/work)													
Syttende Mai Parade/Banquet (prep/food/work)													
How to be a Viking (prep/food/work)													
Norwegian National League (plan/prepare/lead)													
Viking Ship (docent/manage/maintain)													
Red Hat Knitting													
Tubfrim													
Barnebirke/Norge Ski (prep/food/work)													
MSI Christmas Tree													
Other (describe)													
TOTAL COMMUNITY HOURS:													

Revised 2019

Polar Star 5-472 - 2022 Events and Programs

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

FEBRUARY 6	POLAR STAR PENNY SOCIAL
MARCH 6	STOUGHTON NORWEGIAN DANCERS
APRIL 3	NORWEGIAN STAMP COLLECTING
MAY 1	NORWEGIAN MAY DAY
JUNE 4	NORWAY MUSEUM OPEN HOUSE AND BREAKFAST
JULY	POLAR STAR FAMILY MONTH – NO EVENT SCHEDULED
AUGUST 7	NORWEGIAN AMERICAN WOMAN
SEPTEMBER 11	VASA PARK 9:00 a.m.
OCTOBER 2	FAMILY TREE FAIR
NOVEMBER 6	Høstfest begins at 11:30 a.m.
DECEMBER 4	JULETREFEST



Save Your Canceled Postage Stamps for Tubfrim

POLAR STAR KITCHEN COMMITTEE - 2022

(All Sundays unless otherwise indicated)

Jan. 2: CANCELED (Frances & Roald Berg, Barb Brungart)

Feb. 6: Karen Oswald, Diana Raimond & Ed Hatteberg

Mar. 6: Stoughton Dancers performance—**ALL MEMBERS**

Apr. 3: Carol DeVito & Frank Krawczyk

May 1: **NEEDED**

Sat., June 4: Norsk Museum opening—**ALL MEMBERS**

Aug. 7: Picnic—Indoor/Outdoor?

Sept. 11: Scandinavian Day—Vasa Park—**ALL MEMBERS**

Oct. 2: Phoebe & Al Bergh,

Nov. 6: Høstfest—**ALL MEMBERS**

Dec. 4: Juletrefest—Polar Star Board member