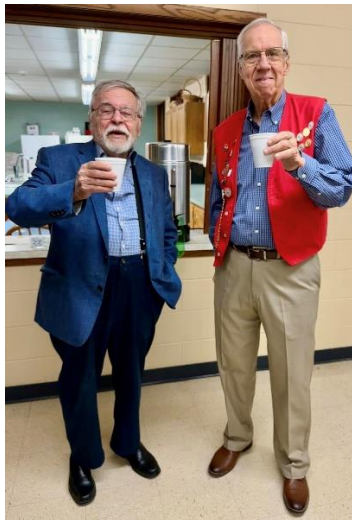


Sons of Norway

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



Greetings from President Ken and Al Bergh at Viking Fun And Games 2024

Hilsen Polar Star!

In our Polar Star world, “April Showers” bring “May Flowers” that we will be seeing at all of our many upcoming Lodge and Syttendemai events.

I hope that you will make plans to participate in Norwegian Constitution Day Syttendemai events the weekend of May 17-19 in Park Ridge, Illinois or in Stoughton, Wisconsin. Barb has included activity information from both locations on pages 8-9 of this newsletter.

Finally, just a reminder that the deadline registration date for the District 5 Convention is May 1st (form on page 10)

Don't forget that we should all be reviewing our Viking history for round 2 of Viking Trivia. Congratulations to Team “Joy” who is currently leading the competition.

Your President,
Ken Johnson

UPCOMING EVENTS

Polar Star “Make and Take” Felting Workshop

Thursday April 18th 10:00-1:00

See page 2 for details

Polar Star Lodge Event

Viking May Day

Sunday, May 5
1:30 pm.
St. Olaf Lutheran Church

See page 2 for details

Norsk Museum Opening Day

June 1, 2024

Norway, Illinois
See flier on page 10

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

Viking May Day

May 5, 2024 - 1:30 p.m.
St Olaf Church

Polar Star will continue
celebrating the legacy of the
Vikings and Norway's
May Events.

Please bring a Viking era dish to
pass and your own table service.
Potluck begins at 1:30 followed
by Polar Star Trivia round 2 and
May Day crafts.



Syttende Mai Sløyfe Ribbon

Celebrate the 17th of May –
Norway's Constitution day - in style!
A nylon Sløyfe (ribbon loop)
will be perfect for the occasion.
Approximately 7".

[Syttende Mai Sløyfe Ribbon \(ingebretsens.com\)](http://ingebretsens.com)



JOIN THE PARADE....

March with Polar Star in the
Park Ridge Parade on
Sunday, May 19th.

Parade begins at 1:00 from
Talcott and Cumberland to
The City Hall



See flier on page 9

“Make and Take” Nisse Workshop
Thursday April 18, 2024 from 10:00- 1:00
at Esther’s Place
201 Galena Street, Big Rock, Il 60511



The Benson girls (Connie Kross and Barb Johnson) invite you to attend the needle felting make and take “nisse” workshop with them at Esther’s Place on Thurs, April 18, 2024.

Call Esthers Place 630-556-9665 to register for the class.

All supplies will be provided with the registration price of \$30.00. Take home needle kits can be purchased for \$6.00



Sons of Norway Book Club

April 25th Zoom Meeting – 6:00-p.m.

Main Read: A Modern Family by Helga Flatland

Mystery Read: Ordeal by Jørn Lier Horst

Meeting ID: 864 8169 6514

Passcode: 250735

Editors' Note: I have read both books and highly recommend them. Jørn Lier Horst is a retired police officer and his descriptions of police procedure and his character development make his crime novels a great read. If you have siblings like I do – A *Modern Family* will have you thinking about your own family dynamics with a smile and a “cringe” of “ja” that would be me”

Polar Star Viking Trivia Round 2: Viking History

Questions for Round 2 will be taken from

“*Children of Ash and Elm: A History of the Vikings* by Neil Price.

Those who want to “study up” prior to the May meeting should read the following pages...

- Prologue: Driftwood
- Introduction: Ancestors and Inheritors
- Chapter 1: The Home of Their Shapes
- Chapter 2” Age of Winds, Age of Wolves
 - Bonus Questions: May 17th history

Trivia Team Standings after Round 1

1. Joy - 13 points
 2. Movement - 10 points
 3. Sun - 9 points
-
-

POLAR STAR SPORTS AND ACTIVITIES

by Jerri Lynn Baker



The "Viking Way" Virtual Walk has begun!

We have started the first stage of our Polar Star Virtual Walk following in the footsteps of the Norse invaders through England. We "kicked off" at the Humber Bridge (steps of St. Olaf Church) in North Lincolnshire and will rest after 15 miles at the Railway Inn at Barnetloy le Wold in North Lincolnshire before we start Stage 2 at the Coskill, North Lincolnshire for another 13.2 miles. "Ha en god tur alle sammen" (Have a good walk everyone!) How far will we walk this month?????

Viking Way trail stages

Stage 1



Starting at:

North Lincolnshire, DN18 5QE

Ending at:

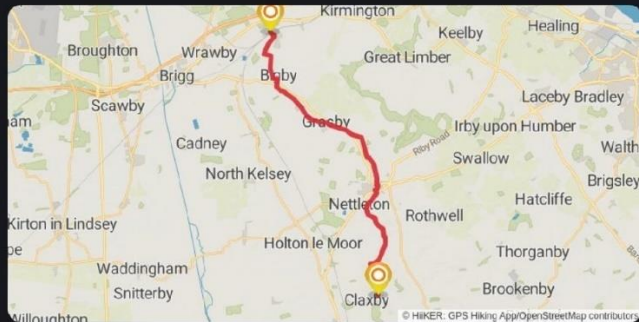
Railway Inn, Barnetby le Wold, North Lincolnshire, DN38 6BF

Distance: 23.8 km

Elevation gain: 208 m

Duration: 05:05:54

Stage 2



Starting at:

Coskills, North Lincolnshire, DN38 6DH

Ending at:

West Lindsey, Lincolnshire, LN7 6ST

Distance: 21.3 km

Elevation gain: 332 m

Duration: 04:48:37

Editor's Note: All members are encouraged to track their miles. You didn't have to be at the meeting or in the picture to participate in this walking event.

Gratulerer Med Dagen (Happy Birthday) Polar Star Members!



April 15-30

- .15 Brett Todd
- .19 Phoebe Bergh
- .19 Nicolette Minor
- .23 Jerri Lynn Baker
- .24 Matilda Berg
- .30 Diana Raimond

May 1-15

- .7 Ken Nordan
 - .12 Reagan Gryder
-
-

Syttende mai Season is here!



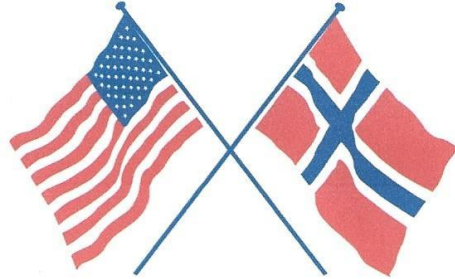
Norwegian Constitution Day Luncheon
Saturday May 18th 2024 – 11:00-3:00 p.m.

See registration flier on page 7

Join the PARADE! Celebrating Norway' Constitution Day on Sunday, May 19, 2024. Hodges Park Festivities In front of City Hall 11:00 - 3:00 pm Music – Vendors Children's Activities – Dancing Scholarship Presentation, Parade Starts at 1:00 PM Talcott & Cumberland to City Hall Sponsored by the Norwegian National League.



Norwegian Constitution Day Luncheon



*The Norwegian National League
cordially welcomes you to celebrate Syttende Mai*

Saturday, May 18, 2024

Park Ridge Country Club
636 N. Prospect Ave., Park Ridge, Illinois

Meet & Greet 11:00 am • Luncheon 12:00 – 3:00 pm

Music by Chicago Spelmanslag & Normennenes Singing Society
Raffle Benefiting Scholarship Program

Cost: \$65 per person

Please Note: Cash only for Drinks & Raffle -- No ATM available

Paid Luncheon Reservation Deadline: May 8, 2024

Send to: Jill Crooker, 702 N. Western Ave., Unit D, Park Ridge, IL 60068
Complete the following form and enclose a check payable to Norwegian National League.

Name: _____ Petite Filet or Salmon

Name: _____ Petite Filet or Salmon

Phone: _____ E-mail: _____

I would like to sit with: _____

Amount Enclosed: _____ Questions or more Information? Call Jill Crooker: 847-825-2778



PARADE!

Celebrating Norway Day

**Sunday,
May 19, 2024**

Hodges Park Festivities

In front of Park Ridge City Hall

11:00 am - 3:00 pm

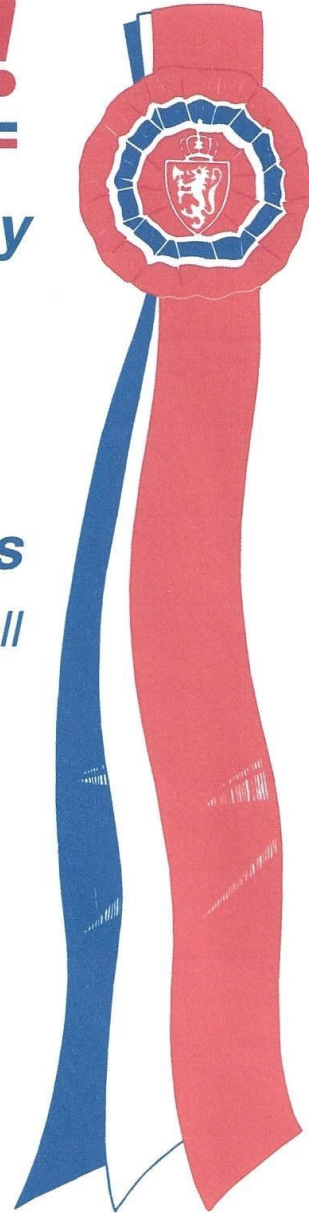
Music – Vendors

Children's Activities – Dancing

Scholarship Presentation

Parade Starts at 1:00 PM

Talcott & Cumberland
to City Hall



Sponsored by the Norwegian National League

www.nnleague.org



NORWEGIAN HERITAGE FESTIVAL

STOUGHTON, WISCONSIN

May 17-19, 2024

Celebrate Norwegian Heritage at the Stoughton Syttende Mai Festival

Visit Stoughton's Syttende Mai festival for a weekend of family-friendly fun and cultural experiences where there's something for everyone. Come join us for three days of parades, arts, food and drink, kid's activities and plenty of Norwegian culture for the whole family.

Syttende Mai takes place annually on the weekend closest to Norway's Constitution Day, celebrated in Norway on May 17th. From the late 1800s to the early 1900s, Stoughton enjoyed an influx of Norwegians and at one time, as many as 75 percent of its residents spoke Norwegian. These immigrants celebrated Syttende Mai unofficially, but it became an annual, city-wide tradition in the 1950s. Norwegians throughout the world continue to celebrate May 17 as *Syttende Mai*, the Norwegian Constitution Day.

Editor's Note:

This is the link to the Stoughton Events Calendar:

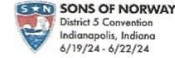
[Printable schedules — Syttende Mai Festival - Stoughton Wisconsin \(stoughtonfestivals.com\)](https://stoughtonfestivals.com)

This is the link to the digital 2024 program with background information about all the events.





RACING TO THE FUTURE



**SONS OF NORWAY
DISTRICT 5 CONVENTION 2024
June 19 – 22, 2024
Crowne Plaza Indianapolis Airport**

NON-DELEGATE REGISTRATION

NAME: _____

ADDRESS: _____ Phone: _____

EMAIL: _____ Lodge Name/#: _____

Deadline: May 1, 2024

| Item | Cost | # | Amt |
|--|----------|---|-----|
| Non-Delegate Registration Fee (Includes coffee breaks & bag) | \$40 | | \$ |
| Any Additional Lunches | \$30 ea. | | \$ |
| Friday: Chicken Caesar Wrap, Potato salad, coffee, dessert | | | |
| Saturday: Turkey Sub, Potato chips, coffee, dessert | | | |
| Banquet Saturday, June 22, 6:00 pm (Choose entrée which includes meal, entertainment, salad, bread, dessert, coffee) | \$55 | | \$ |
| ____ Country Fried Steak | | | |
| ____ Pecan-Crusted Salmon | | | |
| ____ Pasta Primavera | | | |
| ____ Pasta Primavera w/chicken | | | |
| Sami-Inspired Bracelet (incl. materials) | \$75 | | \$ |
| One Day class, Thur, June 20, 9-4 pm | | | |
| Hardanger Embroidery (incl. pattern, fabric, thread, needle) | \$175 | | \$ |
| Wed, Thur, Fri, Sat - June 19-22, 9-4 pm, 9-11 am on Sat. | | | |
| Rosemaling (Incl. Blank Plate) (see class description f/supply list) | \$165 | | \$ |
| Wed, Thur, Fri, Sat - June 19-22, 9-4 pm, 9-11 am on Sat. | | | |
| Carving Ornaments (Incl. Wood Blank) | \$60 | | \$ |
| 1/2 Day class, Wed or Thur (choose which day) | | | |
| June 19-20, 9-Noon | | | |
| Needle Felting (incl. materials & needle) | \$65 | | \$ |
| One Day class, Wed - June 19, 9-4 pm | | | |
| Knitting (two color project) (Instruction only, see class description f/materials & equipment) | \$150 | | \$ |
| Wed, Thur, Fri, Sat, June 19-22, 9-4 pm, 9-11 am on Sat. | | | |
| Stamping (Instruction only, see class description f/materials & equipment) | \$150 | | \$ |
| Wed, Thur, Fri, Sat, June 19-22, 9-4 pm, 9-11 am on Sat. | | | |
| Hardanger Fiddle Class | \$150 | | |
| Fri - Sat, June 21-22, 9-4 pm, 9-11 on Sat. (Instruction only, bring own instrument) | | | |
| Convention Pins - Indicate # of pins ordered | \$5 | | \$ |
| T-Shirts (indicate qty of ea size) | \$20 | | \$ |
| S/M/L/XL/2XL/3XL | | | |
| Late Reg Fee (if postmarked after 5/1/2024) | \$10 | | \$ |
| Grand Total | | | \$ |

Make check payable to: Sons of Norway District 5 (no refunds will be given unless class is not full)
Mail Reg. Form and Check to: Wendy Winkelman, 6525 Water Valley Road, Cobden, IL 62920

POLAR STAR CALENDAR OF EVENTS

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

| | |
|--------------------|--|
| MAY 5 | Viking May Day Hosts: Carol and Richard Vignes |
| JUNE 1 | NORSK MUSEUM BREAKFAST |
| June 19-22 | DISTRICT 5 CONVENTION |
| AUGUST 4 | Polar Star Viking Piknik |
| SEPTEMBER 8 | Scandinavian Days at VASA PARK |
| OCTOBER 6 | LEIF WAS FIRST! |
| NOVEMBER 3 | HØSTFEST begins at 11:30 a.m. |
| DECEMBER 1 | JULETFEST |



Viking Fun and Games Event



Sons of Norway
Polar Star Lodge 5-472
Regular Meeting, April 7, 2024

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

President Johnson called the meeting to order at 2:15 p.m., following our 1:30 potluck luncheon. Luncheon included a delicious barbecue meat dish, some foods that our Viking ancestors may have prepared, along with many side dishes and desserts. The kitchen committee of the day included Jeanne and Craig Leifheit.

President's Announcements:

- Ken opened the meeting and welcomed everyone.
- Pledge of Allegiance was followed by the singing of the United States, Norwegian and Canadian national anthems.
- Motion to approve the minutes for our March meeting was passed.
- The 2024 District 5 Convention will be held June 19-22 in Indianapolis. Ken reminded everyone that all members are welcome to attend sessions, and may register to attend the various craft presentations.
- Vasa Park news: July 28 is their Second Annual Picnic and Kubb tournament; October 5 their annual Scandinavian Fish Boil.
- Ken announced that Maryann, daughter of Polar Star founding members Margaret and Ray Knutson, is now a Polar Star member.
- A thank you note was received from Vi Skogen and family.
- There will be no monthly Polar Star meeting in June and July.
- The Norsk Museum opening day is Saturday, June 1. Details will be announced in the newsletter .
- There was a discussion about adding a poster or signage with a QR code to our Vasa Park tent.
- Frances Berg shared that her granddaughter Brianna, and boyfriend (now fiancé), vacationed in Norway. They left some of Roald's ashes in Norway, by the beautiful Season of Life sculpture in Oslo's Vigeland Park.
- Ed Hatteberg announced the June 22nd ADPA 2024 Illinois Optimism Walk for Parkinson's Research on the Naperville Riverwalk. Contact Ed for information.

Treasurer Report: Carol read a summary of the Treasurer's report (copy attached). Motion to approve was passed. Current total assets are \$16,177.91.

Social Director Report:

- Our May 5th Polar Star meeting needs a couple members to sign up for kitchen duty. Additionally, volunteers will be needed for the October meeting. Contact Nancy Andersen to volunteer.
- Tickets are available for the May 18th Syttende Mai luncheon; \$65 per person.
- The May 19th Syttende Mai parade will kick off in Park Ridge at 1 PM. Ken mentioned possibility of a vehicle for riding in the parade.

Cultural Director Report:

- Barb talked about the national Sons of Norway Book Club and mentioned several books they are reading. She recommends "Ordeal" byJorn Lier Horst.
 - She suggested reading pages 1-135 of "Children from Ash and Elm" by Neil Price in preparation for Round 2 of the Viking history trivia at our May meeting.
 - Thursday, April 18th, 10 a.m. to 1 p.m., Barb and Connie will be holding a needle felting class and workshop for making a felted nisse. See Barb for details and registration information.
-
-

- Stoughton's Syttende May weekend will be changing because the Stoughton Armory was torn down. The Dancing and Craft Show will be held at the high school.

Sports Director Information:

- "The Viking Way" challenge, a 149 mile virtual walk following in the steps of Norse invaders, from the Humber Bridge to Oakham in the United Kingdom, will run from April 7 to August 3.
- Prizes for the 80 mile Lenten Walk and February outdoor walking challenges will be awarded at the May meeting.

District 5 Representative Report:

- Masse's Moro camp needs more registered campers. The district is considering shortening camp to one week.
- Connie will obtain further information from the District regarding the Sloopers' 200th year anniversary event.
- Need a delegate to be a Zone Director.

Meeting Adjournment: Meeting was adjourned around 3 p.m., followed by Viking trivia events with Viking fun and games.

Next Meeting: Sunday, May 5: Round 2 Viking Trivia events and Polar Star's Memorial Service.

Respectfully submitted,
Karen Oswald, Secretary
Diana Raimond, Assistant Secretary

Polar Star Treasurer's Report by Carol Devito

March Income: \$218 dues

March Expenses: \$964 which included Scholarship, Memorial and St. Olaf.

Holding off on other expenses until after Vasa Park.

Savings \$2000

Minnesota Account: \$16,177.00
