

# 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!

We had a very nice turn out for our January event! Barb provided us with a preview of what Polar Star will be doing in 2020.

I hope everyone is setting aside their treasures for the Penny Social! I failed to announce that the District 5 Barnebirkie will be held on February 19<sup>th</sup> so I hope you will start getting those cookies ready to bring to the February Penny Social. We are all looking forward to the Norwegian Soup competition to see if anyone can steal the "trophy" away from Steve Tanda! Also, remember to keep track of your activity steps we can all get to Norway by June!

Be safe and we'll see you in February!

Tusen Takk!  
Your President,  
Ken Johnson



Secretary Karen presents the new Polar Star Volunteer Hours Tracking forms. (See page 9)

### Upcoming Events

Norge Ski Club  
Ski Jumping  
Tournament  
July 26 & 27

See page 5 for VIP registration  
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**POLAR STAR  
PENNY SOCIAL**

**AND  
SOUP COOK OFF**  
Sunday, February 2  
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)

**FEBRUARY 2, 2020  
POLAR STAR PENNY SOCIAL  
&  
SOUP COOK OFF**



Bring your garage sale treasures for re-sale at our Penny Social Auction. Tickets will be sold for 25 cents each. Polar Star Lodge members are encouraged to participate in our “Norskesuppe” Cook Off at the February meeting. So, prepare your favorite soup using a Norwegian recipe and be crowned the Polar Star **“2020 Soup Champion”**. Judging will take place at **1:00 p.m.** and end with opening songs and prayers. Bring your soup wrapped in a towel and leave it in the kitchen. Also, please bring your typed soup recipe to include in our Norsk Museum Cook Book.

**District 5 Barnebirkie Cookie Contest**

District 5 will be providing a cash prize to the lodge that provides the most cookies for the annual Barnebirkie Cross County Event (for children) in Heyward, WI on Feb. 19th. We know Our President likes a good competition, so let's get baking so we can WIN!!!! Also, plan to bring cookies packed in non-returnable containers. Yes, you may buy your cookies.

## Polar Star Virtual Walk 2020 AURORA TO MINNEAPOLIS TO NORWAY

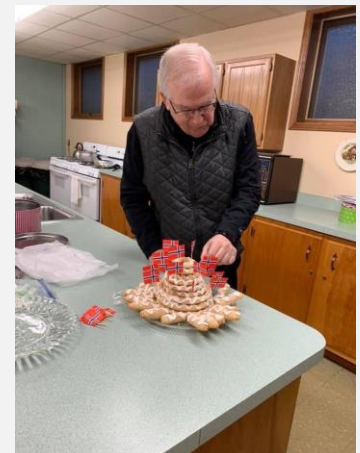
by Sports Director, Jerri Lynn Baker

### Polar Star is walking to Norway!

We have until June 15, 2020 as a Lodge effort together to log miles for a very long Virtual walk. First leg of the trip is from St. Olaf's in Montgomery to Minneapolis, MN and we have already arrived ther. Now we are headed to Ringsaker, Norway, which is another 3,984 miles. I know that sounds like a lot, BUT it's all of our combined miles. You can count all your steps from a pedometer, this is not only walking, but swimming and biking too. Whatever activity moves you forward. This really isn't a hard task if we all work together. If you don't currently have a way to track your steps head over to the store and buy a cheap pedometer. I'm throwing down the gauntlet to all of us to accomplish this! Who's with me? If you have a record of your activities you can count it back to November 1st! That's when the challenge officially started. I'm throwing down the gauntlet to all of us to accomplish this! Who's with me? Let's put Polar Star in the records!



Carol Vignes earns her Literature Part I  
Cuture Medal.



Polar Star Baking Group creates  
"kransekake" using two  
Different recipes...  
Almond paste is victorious!

# POLAR STAR CULTURAL CORNER

by Barb Johnson

**POLAR STAR  
CULTURAL GOALS**

**Norwegian  
Literature**

**JOLABOKAFLOD  
continues**



## **Part 1 A Survey of Norwegian Literature**

Read three books by Norwegian or Norwegian- American authors from different genres – poetry, fiction, nonfiction or drama

## **Part 2 Fiction, Poetry and Drama**

Read five books

## **Part 3 Non-Fiction**

Read five books from at three sub-categories such as biography, history and modern society

# NORWEGIAN LANGUAGE

## PART 1

### THE MYSTERY OF NILS

Continues at the Hinckley Library – 10:00-12:00



I hope that Polar Star knitters will continue to make “Little Red Hats for Big Hearts” in 2020. So far, I have no little hats to turn in for 2020. 😞

Project website and pattern links below.

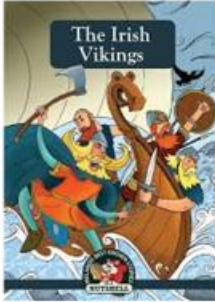
[http://www.heart.org/HEARTORG/Affiliate/Little-Hats-Big-Hearts\\_UCM\\_487734\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Affiliate/Little-Hats-Big-Hearts_UCM_487734_SubHomePage.jsp)

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

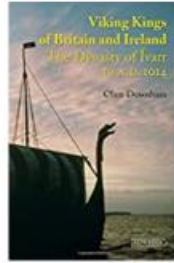
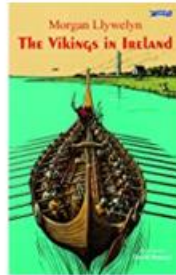
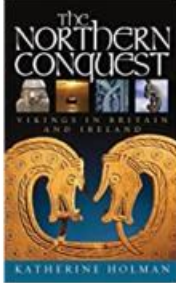
<http://www.bevscountrycottage.com/bevs-baby-ribs-hat.html>

**The Polar Star Cooking Group will continue to meet before the Lodge meetings to prepare Traditional Norwegian recipes. If you have not earned a food medal – join us and complete three dishes to earn Part I. Those of you who have been coming, keep coming and earn Part 2, Part 3 or start all three parts all over again!**

COMING TO A LODGE YEAR YOU....2020 PROGRAM PREVIEW



**MARCH 1, 2020**  
**VIKINGS IN IRELAND**



**MARCH 22, 2020**  
**POLAR STAR CULTURE EVENT**

*A Doll's House*



BY HENRIK IBSEN  
TRANSLATED & ADAPTED BY ANNE-CHARLOTTE HANES HARVEY AND KRISTEN BRANDT  
DIRECTED BY LAUREN SHOUSE

Ravens Theatre – 6157 N. Clark Street  
Senior Ticket Price: \$30.00

Please contact Barb Johnson if you are interested in seeing this production of the Henrik Ibsen Play. Attendance can be used to meet the Elective requirement for any of the Literature Culture Medals.



**APRIL 5, 2020**



# **SMØRBROD**

## **PAST, PRESENT, & FUTURE**

### **APRIL 19, 2020**

### **STOUGHTON NORWEGIAN DANCERS**



**Cross Lutheran Church**  
**2:00 p.m. performance**

**MAY 3, 2020  
AUTHOR, SANDY BREHL  
YORKVILLE PUBLIC LIBRARY**



**AUGUST 2, 2020  
VIKING SHIP  
RAIN GUTTER REGATTA**





# VASA PARK SCANDINAVIAN DAY SEPTEMBER 13, 2020



## OCTOBER 4, 2020 POLAR STAR NORWAY HERITAGE TOURS



# NOVEMBER 1, 2020 TASTE OF NORWAY HØSTFEST



# DECEMBER 6, 2020 JULETREFEST



# Literature Part 1 – Book Review Elective

## by Carol Devito

Book report on *A Grand Adventure, The Lives of Helge and Anne Stine Ingstad and Their Discovery of a Viking Settlement in North America* by Benedicte Ingstad

Helge Ingstad was born in 1900 with adventure in his veins. Growing up he tried to conform to the life expected of him. He graduated a lawyer and started his own practice. But he was never content with this life. He sold his practice and boarded a ship to Canada and the adventure of his lifetime started. He met a trapper becoming his partner and hunted and trapped and traded for supplies to continue his life in the wild trapping and hunting. All did not go as he expected and they parted ways. He next met a Norwegian who had been in the wilderness for twelve years and who had just returned from Norway. They hooked up. They traded and accumulated canoes, dogs, sleds and supplies and his life in the wilderness continued.

Eventually he traveled by himself with his sled and dogs meeting up with indigenous people and living with them. One dog, Spot, was always with him and knew his every thought. At one time Helge was out trapping he became ill and could not continue. He was in the wilderness and could not drive the dogs back to camp. He commanded Spot to “go home” and Spot led the team of dogs back to camp. At which time Helge ended up in the hospital.

Over the years Helge would return to Norway, write a book of his adventure, then return again for another adventure and again write another book. This and speaking engagements and donors kept his travels financed.

In the mean-time he met Anne Stine Moe (born in 1918) married her and had a daughter, Benedicte, but still continued his adventures. He would be gone for months sometimes more than a year at a time. With Helge gone for such lengths of time Anne Stine returned to school and became an archaeologist. It took years for Anne Stine to be acknowledged as a great archaeologist. Eventually they traveled together and over the years made the first discovery of a Viking Settlement in North America.

This book is riveting. Helge’s adventures in the wilderness of North America are truly amazing.



**Norge Ski Club's**  
**International Winter Tournament 2019**  
**January 26th and 27th, 2019**

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

**SAT. JAN 27**

Junior Competition  
K70 Competition

**SUN. JAN 28**

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.**

\$10.00 each at local merchants - starting in January

\$11.00 purchased online - starting in December

# SONS OF NORWAY – Polar Star Lodge 5-472

## MEETING HOSTS

At least two members/families are needed each meeting to serve on the kitchen committee. Join in by volunteering for one time each year.

### INSTRUCTIONS FOR HOSTS FOR SETTING UP LODGE MEETING

Chairperson: Contact members of your committee to complete your plans ahead of time.

The committee normally supplies meat or main dishes and one gallon of 2% milk. All other members are asked to bring a potluck dish to share.

Arrive at the hall 1-½ hours prior to meeting time.

Set up 6-8 tables with chairs in their proper places.

Provide table decorations according to season. Napkins and placemats may be in cabinet – check this at meeting before – for inventory.

Make the coffee (50-60 cups). One **(6 oz) Styrofoam cup is needed for 20 cups of coffee.** Coffee is provided by Lodge and is in the Lodge cabinet. If not, purchase coffee and you will be reimbursed. Start coffee immediately. Takes at least one hour.

Set up the buffet table (two long tables). Arrange the food on the tables as it comes in. Include a basket at the front end for donations.

Please set up an entry table for the sign in book.

Set up the podium and the three flags in the front of the room.

After everyone has eaten, wash cups, spoons, etc. and clean up area. Use our lodge dishtowels (in storage room). One person from the committee needs to take the dishtowels home, wash them, and bring them back to the next meeting.

Return all chairs and tables to their proper places.

If it is inconvenient for you to serve at the time scheduled for you, exchange with someone or find a substitute. Any questions notify the Social Chairperson.

If there is anyone who would like to assist in serving, please feel free to do so. The committee will love you!

**Don't forget the gallon of milk!**

Updated January 2020

# Gratulerer med dagen Eleanor! Happy 96<sup>th</sup> Birthday



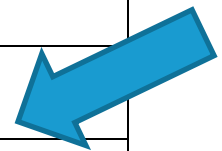
# Polar Star 5-472 2020 EVENT SCHEDULE

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

<b>February 2</b>	<b>Penny Social</b>
<b>March 1</b>	
<b>April 5</b>	
<b>May 3</b>	
<b>June Date TBD</b>	<b>Norsk Museum Frokost and Open House</b>
<b>Date TBD</b>	<b>How to Be a Viking – Yorkville Public Library</b>
<b>August 2</b>	<b>Polar Star Indoor Picnic</b>
<b>September 13</b>	<b>Vasa Park – Scandinavian Days</b>
<b>October 4</b>	<b>Celebrating Leif!</b>
<b>November 1</b>	<b>Høstfest</b>
<b>November</b>	<b>Norsk Museum Smørgåsbord</b>
<b>December 6</b>	<b>Juletrefest</b>

## 2020 POLAR STAR KITCHEN COMMITTEE

<b>February</b>	<b>Karen Oswald</b>
<b>March</b>	<b>Sue and Steve Tanda</b>
<b>April 5</b>	<b>Volunteers needed</b>
<b>May 3</b>	<b>VOLUNTEERS needed</b>
<b>June</b>	<b>Breakfast at Norway Community Bldg. – all members</b>
<b>August 7</b>	<b>Indoor Picnic</b>
<b>October 5</b>	<b>Jerri Lynn Baker Phoebe and Al Bergh</b>
<b>November 1</b>	<b>All members - Høstfest</b>
<b>December 6</b>	<b>Polar Star Board Members</b>



## NORSKE MUSEUM COOKBOOK FUND RAISER



Polar Star, Cleng Peerson, and the Norsk Museum Board members are still 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 2020 Smørgåsbord.

<b>January 16-31 Birthdays</b>	<b>February 1-15 Birthdays</b>
	<b>1. Brianna Meek</b>
<b>29. Elsie Sorenson</b>	<b>4. Al Bergh</b>
	<b>6. Jo Ann Gryder</b>
	<b>9. Al Benson</b>



**Polar Star welcomes our friend, Jo Ann Gryder as a 2020 new member!**



**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 Meetings (prepare food for pot luck; set/clean up; kitchen duty)													
Lodge Meeting Programs (plan/prepare/lead)													
Training/Seminar (plan/prepare/lead)													
Officer Duties													
Newsletter/ Website													
Board/Committee Meetings													
District or National Meetings/Training													
Other (describe)													
<b>TOTAL MEMBERSHIP HOURS:</b>													

- **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)													
<b>TOTAL COMMUNITY HOURS:</b>													

Revised 2018

**Please return completed 2019 forms ASAP to: Karen Oswald, 2857 Normandy Circle, Naperville, IL 60560 or digitally at ahlsen@aol.com**

