

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

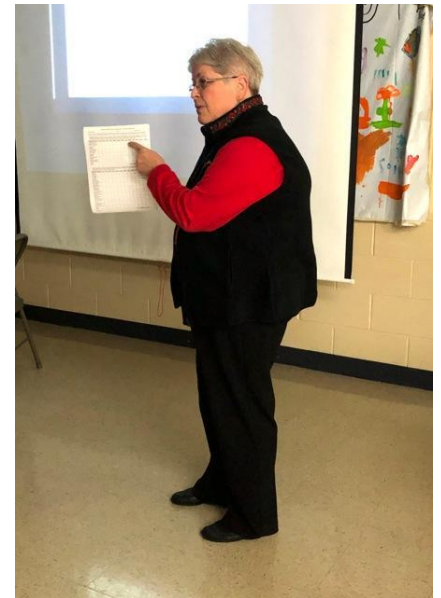


President Ken and Barb will celebrate their 49th wedding anniversary on January 29th

Greetings Polar Star Lodge!

We are fast approaching a full year of Covid isolation! It does not seem possible!! The good news is that we learned how to “zoom” and we have had time to read Norwegian literature, work on Norwegian crafts and “log in” miles for our sports medals. January is usually our time to look forward to a new year of fun programs and events. My wish for all of us is that we will be doing that again very soon. In the meantime, take advantage of on-line programs, work on earning your culture medals, keep “moving” to earn your sports medals and most of all wear you mask, get vaccinated and stay connected to the ones you love.

Your President,
Ken Johnson



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

Upcoming Events

District 5 On-Line History Class
January 23-May 15th
See page 2 for details

**Polar Star
On-Line Baking Class #2
Saturday, February 6th
10:00 a.m.**

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
Visit our website
www.polarstarlodge.com

Sons of Norway District 5 – offers On-Line Class
NORWEIGN-AMERICAN SETTLEMENT HISTORY IN
WISCONSIN, ILLINOIS, AND MICHIGAN
January 23 – May 15th 2021

The 16 week course, the "Norwegian-American Settlement History in Wisconsin, Illinois, and Michigan, is being offered to District 5 Sons of Norway members who interested in Norwegian-American heritage and history. The scope of the class is the history of early settlements of Norwegian immigrants throughout Wisconsin, Illinois, and Michigan during the 1900-s with some discussion through 1917. A brief overall history of Norwegian-Americans in the United states is given in the first three weeks of the course. Three books and a DVD will be used in this course and are recommended for purchase.

Course Time: Saturdays from 9:00-10:30 starting January 23

Mondays from 6:30-8:00 p.m. starting January 25

Course Dates: Starts January 23 and ends May 15 2021

Weeks 1-3 will be an intensive overview of Norwegian-American history.

Weeks 4-10 will cover frontier settlement history in Michigan, Illinois, Indiana and Wisconsin.

Weeks 11-12 will be a "book club" format, where we will explore one of the best historical fiction books depicting Norwegian-American life.

Week 13 will be dedicated exclusively to the Norwegian-American history of Michigan

Week 14 will focus on special topics of interest in Norwegian-American history, such as inventors and interesting individuals.

Weeks 15-16 will allow participants who choose to do a project an opportunity to make a presentation on their work.

Faculty include:

Bill Injerd, historian of The Sloop Society; Dave Johnson, president of the Norske Museum in Norway, Illinois; Dana Kelly, executive director of the Norwegian-American Genealogy Center; Mike Palecek, editor/author of The First Norwegian Settlements in America; Dave and Ruth Amundson, founders of The History Alive Project.

**Editor's note: The complete course syllabus
and recommended reading is attached to this newsletter mailing.**

District 5 History Class Registration form

NORWEGIAN-AMERICAN SETTLEMENT IN IL-MI-WI ENROLLMENT FORM

- \$25 - Course fee (D5 member) - Saturday (16 week) course, beginning on Jan. 23
 \$25 - Course fee (D5 member) - Monday (16 week) course, beginning on Jan. 25
 \$25 - Course fee (D5 member) - email me info on "independent study" course
 +\$25 - Course fee (non-D5 member)

RECOMMENDED MATERIALS:

- \$20 - The First Norwegian Settlements in American, Palecek (ed.)
 \$32 - History of the Norwegian Settlements, Holand
 \$20 - Kaskeland DVD, Koshkonong Prairie Hist. Society
 \$28 - Sons of the Old Country, Ager
 TOTAL enclosed

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Email (required): _____

Phone: _____ Lodge: _____

Comments: _____

send completed form to:

Mike Palecek

Nordic Legacy Foundation

5747 Sandy Lane

Racine WI 53406

Questions?

Contact: mikep@sonsofnorwayracine.com

Check out the first class and then decide?

Go to: <https://zoom.us/j/95253760815?pwd=TIZvdFJqQ3lkdFNhZmFBTTM1N1Mdz09>

Meeting ID: 952 5376 0815 - Passcode: D5

Rosemaling is District 5's newest virtual class. Vesterheim Gold Medalist Lois Mueller will be offering two different "Level 1" sessions. Session 1 is three Saturdays (Feb 20, 27, Mar 6); Session 2 is Mon-Wed March 1-3. Cost of these three-full-day (9 AM - 4 PM Central) sessions is \$75 D5 members/\$100 non-D5 participants. **For more info, email Judy Ghastin, D5 Cultural Director:** judy62ghastin@gmail.com (or see the January 22 Friendly Fifth Friday News).



Below: Lois Mueller teaching a rosemaling class at the D5 2014 district convention.

Editor's Note: Lois Mueller was my instructor at a District 5 Convention. She is an outstanding instructor and this is a wonderful opportunity to earn your rosemaling culture medal. Believe me. if I can do it – you can do it! Below are my three completed projects.



Polar Star Sports and Activities by Director, Jerri Lynn Baker



You Have Six Months to get it!

Her er en ny utfordring for februar og utover!

(Here is a new challenge for February and beyond!

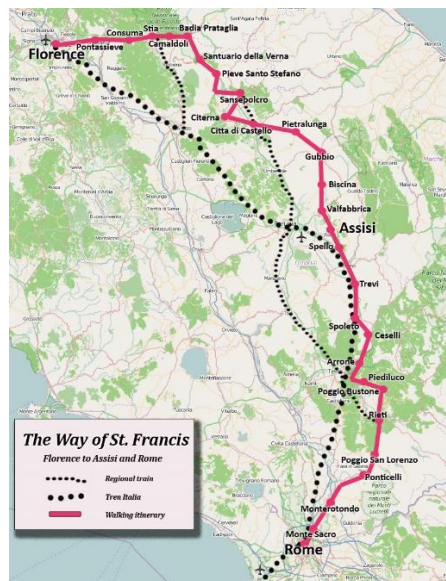
We're Calling it: To February and Beyond! (Walking Challenge)



The St Francis Way in Italy, also known as the Camino di Francesco, is a **superb walking trail inspired by the life of St Francis of Assisi**. The St Francis Way takes an ancient Roman road from Florence to Rome, following in the footsteps of Saint Francis across stunning and peaceful countryside, passing important Franciscan sites such as La Verna Sanctuary, Assisi and the Rieti Valley.

The Camino di Francesco or St Francis Way finishes at the Vatican and has been followed by many pilgrims inspired by the life St Francis of Assisi. St Francis of Assisi is a spiritual guide for nature lovers and ecologists; known for his philosophy and love for nature.

You have from February 1st until July 31st to complete the 342 mile pilgrimage. That's just under 2 miles a day. But you can work this out for yourself. You can do longer walks during the weekend so you can have rest days or do 2 miles every day. It's up to you to keep yourself on track to finish the required miles.



POLAR STAR CULTURAL CORNER
by Barb Johnson
POLAR STAR “ZOOMS” INTO 2021



Thanks to Polar Star bakers who supported the first Polar Star on line Norwegian Baking class. Participants were provided tech support from Matthew Johnson and were instructed by Polar Star Culture Director, Barb Johnson to created “fystekake” (Prince’s Cake). Participants were... (left to right) Penny Ray (and grandson), Diana Raimond, Ed Hatteberg, Betty Landorf, Alan Betker (and daughters), Al Benson, Culture Director- Barb Johnson, Sue Tanda and Matthew Johnson.



Inger’s Språkkrigere (Language Warriors)

The Polar Star Norwegian Language group continues to solve the “Mystery of Nils” with on-line learning at 10:00 a.m on Friday morning. New members are always welcome !



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

Polar Star Book Review
By Barb Johnson

“The Kingdom” by Jo Nesbø

I have always wished I was a writer. There is nothing better to me than a good book! To create an imaginary world with complex characters and tell a story that a reader is completely drawn into is a “gift”. Jo Nesbø is one of those gifted writers. I found myself thinking about the way he (Jo Nesbø) thinks - what motivated him to choose this story line? How did he decide on the strength and weaknesses of the characters? What did he want me (the reader) to learn from the book? So many questions and I am still thinking about the book weeks after I read it. Isn't that a gift?...I think so! I can't really tell you too much about the story because any thing I would say would be a “spoiler”. What I will tell you is that it takes place in present day Norway. There is family drama and I could not put the book down. Was it my favorite Jo Nesbø book?...No. Was it better than “Macbeth”YES. Will I read another Jø Nesbø book?...absolutely!!! How would I rate “The Kingdom” four stars,

Karen Oswald - Knitting Cultural Medal Part 3 – Elective 3 - Research Traditional Norwegian Designs Used in Knitting Patterns

Editor's Note: The submission of this article by Karen completes the requirements for earning the Part 3 Knitting Culture Medal. Congratulations to Karen!!!

Before patterns were incorporated, Norwegian knitting used only the natural colors of sheep wool: black, gray, brown, and white. Very occasionally, textured one-color patterns were knitted using stitches such as cable, purl-and-plain, double purl twist, moss stitch, or traveling stitch.

Knitted sweaters for fishermen and farmers were generally made strictly for warmth and protection against the cold. When colored patterns began to emerge in Norway in the 1800s, the double strands created another layer of yarn, adding more warmth to their sweaters.

Most traditional Norwegian knitting designs were inspired by nature, for example: snow crystals, evergreen branches, reindeer, fish, hearts, flowers. Some designs were copied from religious motifs and some from old embroidery, woodcarvings, or tapestries.

Norwegians began to dye the wool and make many colorful jerseys with red, blue, and white patterns of stars, leaves, etc. The lower part was often made with white or natural wool since it would be hidden by the bib of their long pants. With typical Norwegian frugality, there was no point wasting good, dyed wool where no one would see it.

In the mid-1800s, many regional patterns emerged and were named for local areas. Some, such as Setesdalskofte, Fanakofte, Selburose, and Snøhetta, are recognized within and beyond Norway as iconic Norwegian knitting designs.

Setesdalskofte

One of the most recognized designs came from the Setesdal region, in the middle of southern Norway.

The “Setesdalskofte,” also called the Setesdalsgenser (Setesdal sweater) or the Lusekofte (lice jacket), has a distinctive lice pattern of white dots knit into a contrasting (historically black) background, narrow geometric borders decorating the neck, shoulders, and sleeves. It is also recognized for the colorful embroidery around the neckline and button bands, often secured with pewter or silver clasps.

The Setesdal sweater was originally a pullover only worn by men. In the early 1900s, a Setesdal artist who didn't want to dress in the area's traditional folk costume but wanted to use the folk art of Setesdal in his own way, created a cardigan version. His version was discovered by tourists in the 1920s, and today this traditional Norwegian sweater is worn by men, women and children and recognized all over the world.



Selburose

Probably the most recognized Norwegian knitting pattern is the selburose, an eight-petaled rose also known as the Selbu Rose. The town of Selbu is in a valley in the middle of Norway, east of Trondheim. Like most Norwegians, its residents were traditionally farmers and forest managers.

The pattern has a long history before Norway, but was considered to be a star, not a rose. It appeared in many cultures: for example, in textiles and early silk knit garments in Europe, and on cushions in an ancient grave in Spain. It may combine Christian and Islamic patterns descended from Coptic and Byzantine art, and perhaps also the Sumerian Star of Ishtar. It was an ancient symbol of the Star of Bethlehem. In Norway before knitting appeared, the pattern was often woven into coverlets and nightshirts to offer protection during the night. Norway did not actually invent the selburose, but it popularized the pattern.

In 1857, 16-year-old Marit Guldsetbrua Emstad from Selbu knitted three pairs of mittens with the eight-petaled rose design and brought them to church. The design became immediately popular in Selbu. Young girls were taught to knit the pattern, and a pair of selbuvotter (Selbu mittens) became the traditional gift of a girl to her fiancé and his friends. In 1890 the Norwegian Arts and Craft Club (Husflidslag) began preserving Norwegian handicraft, and by the early 1900s had spread the selburose mitten fad across the entire country. The Selbu home industry of knitting selburose mittens helped make their farming life economically feasible and allowed unprecedented independence for women. Over the following years Norwegian emigration and international trade helped spread the mittens' popularity. By the 1930s, Selbu residents were knitting over 100,000 pairs every year.

By 1960, a major part of Selbu's livelihood depended on the production and sale of mittens. Selbu Mittens became a symbol of Norway: two white selbuorses on the back of the hand, different patterning for the front and palm, pointed tip at the end of the mitten, and a striped, ribbed cuff.

Often interpreted as a snowflake or a star instead of a flower, the selburose has become associated around the world with not only winter clothing and Norway, but also with winter itself.



Recommending “The Norwegian American” Newspaper

by Karen Oswald

For several months I have been attending the very interesting and entertaining weekly online Nordic News presentations prepared by our Sons of Norway District 5. Barb has been including information about how to access these weekly sessions at 6:20 PM each Tuesday. Topics vary each week; you can always find a topic you'll be interested in!

In mid-November Nordic News had a great presentation by Lori Ann Reinhall, editor in chief of “The Norwegian American” newspaper. It's the oldest *and the only* Norwegian newspaper in North America.

The newspaper is published every other week (except in August), and each issue has 30 to 40 pages. So many topics are covered: impact of current world news on Norway; Norwegian art, music, books, and entertainment; Norwegian foods; travel; bits of Norwegian language practice; Norwegian athletes and sports; Norwegian heritage, games, and much more. It also includes occasional supplements: such as recently Bergen's 950th birthday in October, Norwegian Christmas cookie extravaganza in November, and in December Norway's annual Romjul celebration between the day after Christmas and New Year's Eve.

I was so impressed with Lori's presentation and her slides of the newspaper's coverage and pictures that I decided to subscribe to it. So far I've received four issues and am still very impressed!

I encourage everyone to consider subscribing. We will all be spending so much time at home in the coming months, so why not give it a try? The cost is \$70 for one year to not only receive paper issues in the mail, but also have online access to past and current editions. (Or, for *only* online digital access, there is a less costly subscription rate.) You can subscribe at <https://www.norwegianamerican.com> or by calling 1-206-401-2846.



Editor's Note: I totally agree that The Norwegian American is a great resource! Our Lodge has been featured and the articles, book reviews and recipes are outstanding!

Polar Star 5-72 2021 EVENT SCHEDULE

Polar Star Baking Class #2

Saturday February 6th

Please contact barbjjohnsonb@aol.com for zoom sign in information.

Additional Polar Star Events will be added to the schedule as we are safely able to gather in 2021.



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

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)													
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 2018

Please return completed 2018 form by the end of January to: Karen Oswald, 1860 Fair Oak Rd., Naperville, IL 60560 or digitally at ahlisen@aol.com

