

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

Hilsen Polar Star!

Just a reminder that the registration forms for the District 5 Convention are available on-line and a copy can also be found on page 12 of this newsletter. Deadline is May 1st. I urge all of you to attend as a non-delegate. Barb and her sister, Connie, will be teaching a needle felting class and I will be attending a wood carving class. The food and entertainment are always good.

God Påske alle sammen!
(Happy Easter to all of you!)

Your President
Ken Johnson

Member News



Polar Star members attended the Viking lecture and Freya Exhibit at the Geneva Public Library on March 13th.

Upcoming Events

POLAR STAR “Viking Fun!”

Sunday, April 2, 2023
St. Olaf Lutheran Church
1:30 p.m.

See article on page 2

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

Polar Star Viking Fun!!



**April 7, 2024
1:30 p.m.**

Polar Star will continue our 2024 Viking journey as we look into the lives of the Vikings through their games and entertainment.

Please bring a Viking dish to pass and your own table service.



In Norwegian, easter is known as *påske*. The period begins with Palm Sunday, known as *palmesøndag*. The [public holidays](#) Maundy Thursday (*skjærtorsdag*) and Good Friday (*langfredag*) come a few days late

Then, the Saturday of easter weekend (*påskeaften*) precedes Easter Sunday (*påskedag* or *første påskedag*).

The final public holiday of the period, Easter Monday is known as *andre påskedag*.

Many Norwegians take the entire week off in the run up to the easter weekend.

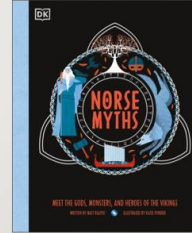
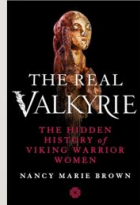
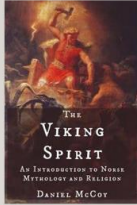
Don't forget to grab your favorite crime novel and an orange and head for the outdoors to celebrate the Norwegian way!

Polar Star Culture Corner

by Barb Johnson

Polar Star Culture Goals 2024

Literature: Read three books about the Viking era



Read a book of your choice that focuses on Norsk Mythology

Traditional Food: Participate in the Polar Star Viking Food Making Events



Listen and review at least three different Viking Era instruments and music



Polar Star 5-472 - 2023 PROGRAMS

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

April 7	Viking Fun and Entertainment
May 5	Polar Star Viking May Day
June 2	Norsk Museum Open House and Breakfast
August 4	Polar Star Piknik
September 8	Scandinavian Day at Vasa Park
October 6	Celebrating Leif!
November 3	Høstfest
December 1	Juletefest

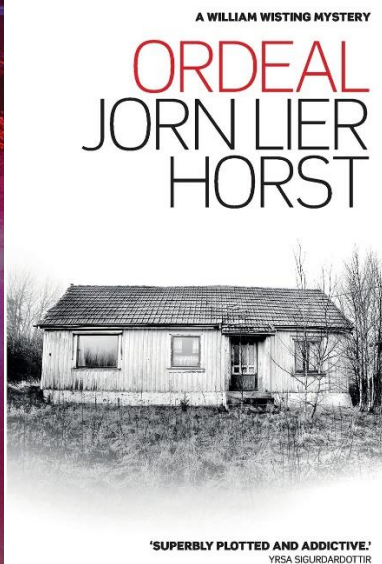
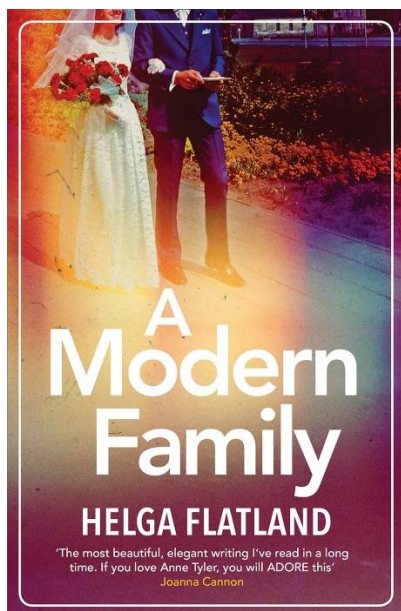
Sons of Norway Zoom Book Club

March Selections



Zoom meeting March 28, 6:00 p.m.

April Selections



Zoom Meeting April 25, 6:00 p.m.

Yorkville Public Library Tablescape Community Fundraiser Event



Your Culture Director was asked to decorate a Norwegian themed table for the Yorkville Public Library Community fundraiser on April 6th. I have been assigned the month of January with the theme “Norwegian Winter Wonderland”. The picture below is my initial brainstorming ideas. I hope that all of you will attend and vote for the Norwegians and the Yorkville Lions Club that President Ken has been active member of for many years. The details are in the attached flier on the next page.

Book Your Table:

A TABLESCAPE FUNDRAISER FOR OUR COMMUNITY!

JOIN US AT THE YORKVILLE PUBLIC LIBRARY ON APRIL 6 TO ENJOY 12 BEAUTIFUL, CREATIVELY DECORATED TABLES DESIGNED BY COMMUNITY MEMBERS. ALL PROCEEDS FROM THIS EVENT BENEFIT LOCAL CHARITIES, ORGANIZATIONS, AND THE LIBRARY.

PARTICIPANTS WILL HAVE THE OPPORTUNITY TO VOTE FOR THEIR FAVORITE TABLE AND SUPPORT THEIR FAVORITE CHARITIES TOO! TICKETS WILL BE AVAILABLE THIS SPRING.

April 6 · Open House 10am-3pm
Yorkville Public Library
Tickets \$10 each at the
Circulation Desk & at the door



Needle Felting

“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

POLAR STAR SPORTS AND ACTIVITIES

by
Jerri Lynn Baker, Sports Director



How are you doing on your 80 mile challenge? I've gotten a bit behind, but the good news is there is still time! Challenge doesn't end until March 30 and while the 31st is Easter and considered your last rest day, you can still use it if it helps you get those last miles in!

GRATULERER MED DAGEN POLAR STAR



Happy Birthday Steve, Ron and Art

Polar Star Members!

MARCH 16-31

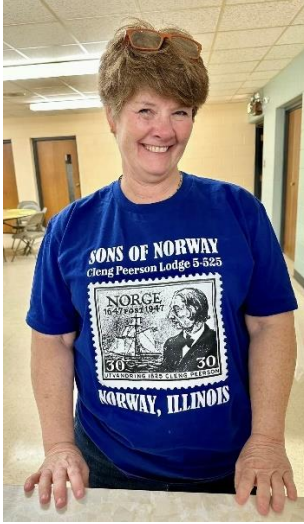
19 Art Andersen
19 Joni Koehler
21 Ronn Vann
22 Carol Devito
23 Stephan Tanda
23 Andy Koehler
30 Shandra Showers

APRIL 1-14

14 Julianne Peterson

Children of Ash and Elm

The Making of a Viking March 2024



Polar Star Viking Mat



Navn på oppskriften _____

Serves: _____ Temperature _____

Ingredients

Instructions



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



19th Annual Luncheon and Palooza Fundraiser for Vasa Park

Presented by Scandinavian Park, Inc. NFP

Saturday, March 23, 2024

Belvedere Banquets, 1170 West Devon, Elk Grove Village, IL 60007

11:00AM—3:00 PM

Donation \$70.00 members, \$75.00 non-members

Choice of : Sliced Prime Rib of Beef, Chicken Rosemary Veloute, Vegetarian

Complimentary Mimosas, Cash Bar

Cash drawing and Raffle Table with Generous Donations from Scandinavian Organizations,
Businesss and Individuals

Entertainment: Swedish Folk — Jonathan Kamm, Magician

Pay online at <http://www.vasaparkil.com/> using the online registration form.
Payment can be made via Pay Pal or most common credit cards. or Pay using the
attached registration form. **Payment and registration due by March 8, 2024 .No
payments will be accepted at the door.** For information call: Carol Hoidahl 847-
358-1527



-----Reservation Form-----

Make checks payable to **Scandinavian Park, Inc. NFP** and mail to: Carol Hoidahl, 25 Duxbury, Rolling
Meadows, IL 60008

Number of Members _____ Number of Non-Members _____ Check Enclosed _____

Name _____

Circle one: Beef Chicken Vegetarian

Guest Name _____

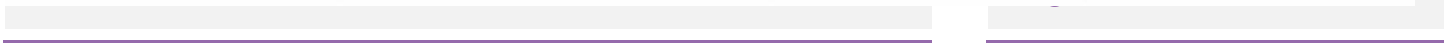
Circle one: Beef Chicken Vegetarian

Address _____

E-mail Address _____

Would like to sit with _____

I cannot attend, but here is a donation to Scandinavian Park Inc. NFP \$ _____



Sons of Norway - Polar Star Lodge 5-472

Regular Meeting, March 3, 2024

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

President Johnson called the meeting to order at 2:15 PM, following our 1:30 potluck luncheon. Luncheon included some foods that our Viking ancestors may have prepared, such as delicious sausages with cabbage sauerkraut, barley porridge with lingonberry compote, roasted root vegetables, along with many side dishes, and desserts. The kitchen committee of the day included Sue and Steve Tanda, Carol DeVito, and Frank Krawczyk.

President's Announcements:

- Ken opened the meeting and welcomed everyone. Guests were introduced: Penny Mickelson and Colleen Coop (friends of Jeanne Leifheit), and Tom and Penny Langland (friends of Jerri Lynn Baker).
- Pledge of Allegiance was followed by the singing of the United States, Norwegian and Canadian national anthems.
- Motion to approve the minutes for our February meeting was passed.
- The 2024 District 5 Convention will be held June 19-22 in Indianapolis. Last month we elected three delegates and two alternates. Ken reminded everyone that all members are welcome to attend sessions, and may register to attend the various craft presentations.
- **Vice President Report:**
- Frank reported that a couple members had trouble submitting checks to national for dues/insurance payments. *(Follow-up after the meeting: Frank determined that SOFN headquarters had trouble with their website application; they are now accepting checks again.)*

Treasurer Report:

- Carol read a summary of the Treasurer's report (copy attached). Motion to approve was passed. Current total assets are \$16,743.57
- Syttende Mai program booklet: See Carol to donate two dollars to add your name as a promoter.

Secretary Report:

- The form to record volunteer activity hours has been revised for 2024. Please be sure to use this revised form to record volunteer hours for this year 2024. The link to the revised form available on our Polar Star website, Activities and Culture tab. Scroll all the way down to the bottom to find the link to the form.

Social Director Report:

- Nancy requested everyone to sign up for kitchen duty for least one 2024 Polar Star meeting, and volunteers are especially needed for May and October. Jeanne and Craig Leifheit will be kitchen hosts for the April meeting.
- Nancy extended thank you for all cookies we donated for the Barnebirkie.
- She reminded us of the opportunity to donate to Norwegian National League scholarship fund.
- Art Andersen thanked us for all our canceled stamps donations, and displayed a grateful postcard received from the veterans organization where we donate our stamps.

Cultural Director Report:

- Barb reminded that our 2024 cultural goals and meeting focus will be our Viking ancestors, and will include reading Viking-related books, Viking cooking, and Viking era musical instruments. Details in upcoming monthly newsletters.
- Barb talked about the national Sons of Norway Book Club and mentioned several books they are reading.

Sports Director Report:

- Jerri Lynn announced that the prizes for our two current sports challenges (80 mile Lenten Walk, and February outdoor walking) will be awarded at the April meeting.

Meeting Adjournment: Meeting was adjourned at 2:45 p.m., followed by Barb's fascinating presentation, "Children of Ash and Elm", with a look at Viking politics, as well as the Viking's view of their universe, religion, and culture.

Next Meeting: Sunday, April 7: "The Viking Spirit".

Respectfully submitted,
Karen Oswald, Secretary

