

# 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 presiding over the Ceremony of Remembrance

### Hilsen Polar Star!

May is always a special month for Polar Star and Sons of Norway members. Polar Star celebrated the lives of our friends and loved ones at our Ceremony of Remembrance on May Day and our members celebrated Norway Constitution Day on Syttende mai in Stoughton and in Park Ridge.

I hope our bakers are prepared and ready for our first combined event on June 4<sup>th</sup> with Cleng Peerson Lodge and Museum members as the Norsk Museum opens for the season.

Your President  
Ken Johnson



Polar Star May Day  
Remembrance Ceremony

### Upcoming Events

Norsk Museum  
Opening Day

“Taste of Norway”  
Breakfast

Saturday.

June 4, 2022

See details on page 2 & 3

\*\*\*\*\*

## Sons of Norway

District 5 Convention

and

Sangerfest

June 15-18

See page 5 for details

\*\*\*\*\*

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

# POLAR STAR JUNE 4<sup>th</sup> EVENT

## POLAR STAR May Event Photos

Help Support the Norsk Museum

### Opening Day & Taste of Norway Breakfast

Sat., June 4, 2022 8 a.m. to 11 a.m.

**Norsk Museum — Norway, IL**

Right in Norway — 3656 E 2631st Rd Sheridan, IL 60551

After Breakfast, join us at the  
Norsk Museum [9am to 2pm]

- ◇ Rosemaling sales and demonstrations by Lynn Sove Maxson
- ◇ Hardanger by Linda
- ◇ Norwegian Gifts by Inger
- ◇ Norwegian Food Sales
- ◇ Cultural demonstrations

Enjoy delicious home cooked Norwegian Frokost (Breakfast) at the Norway Community Building. Serving fried kumla, ham, scrambled eggs with chives, fruit cups and coffee!

#### Ticket prices:

Adult [advance / at door]	Children [under 8]
\$20 / \$25	\$10 / \$15

Phone (815) 343-5070  
for more information or  
Email: [david7dog@yahoo.com](mailto:david7dog@yahoo.com)

See all the new exhibits

Visit Norsk Museum

[www.NorskMuseum.org](http://www.NorskMuseum.org)



Editor's Note: Polar Star will **NOT** host a general meeting event in June but **we WILL** work together in Norway, IL at the Opening Day Breakfast and Norwegian culture day that benefits **THE NORSK MUSEUM** ON JUNE 4<sup>th</sup>



Polar Star earns Friluftsliv awards for fjorten dager friluftsliv (spending at least 14 hours outdoors) i Februar (through the cold month of February). Well done Polar Star!!



Polar Star houses District 5 Viking Chest until September. What should we place in the chest to represent Our active Lodge?

Send all ideas to President Ken at [KGJcub3@aol.com](mailto:KGJcub3@aol.com)

## **POLAR STAR HELP NEEDED FOR MUSEUM OPENING DAY ON JUNE 4<sup>TH</sup>.**

Polar Star workers and bakers needed to support the Norsk Museum Breakfast in June. Please contact Nancy Andersen or Barb Johnson if you are able to work the event or if you are willing to bake Norwegian cakes, cookies or breads for our Polar Star Bakery.

### **POLAR STAR NORSK MUSEUM BREAKFAST VOLUNTEER SIGN UP**

#### **Bakers**

<b>Name</b>	<b>Phone number</b>	<b>Baked goods</b>
<b>Barb Johnson</b>	<b>630-553-7389 Cell: 630-632-2329</b>	<b>Cardemom Rolls, lingonberry cake and bread, waffle batter</b>

#### **Bakery tent located outside the Museum Helpers**

<b>Name</b>	<b>Time</b>	
<b>Barb Johnson</b>	<b>7:00 a.m. - ???</b>	

#### **Community Building Breakfast Servers**

<b>Name</b>	<b>Time</b>	

## **NORSK MUSEUM**

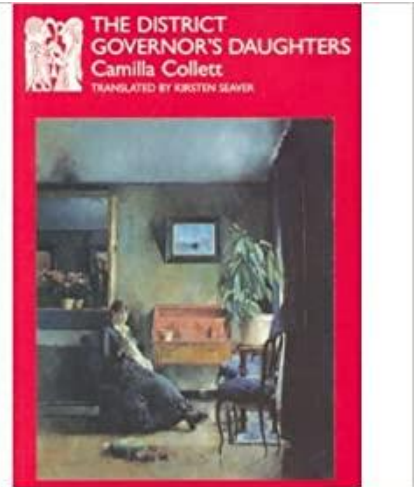
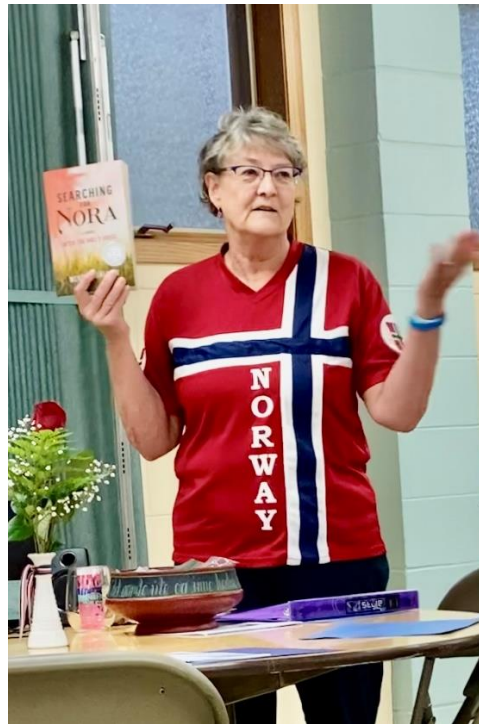
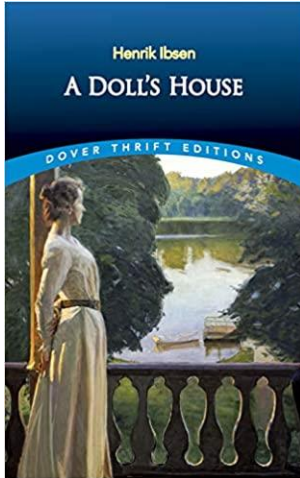


**Barb Johnson and Joni Koeler serving as Docents**



## **Polar Star Culture Corner**

### **By Barb Johnson**



## **May Reading Challenge**

**The Polar Star Reading Challenge for the month is to read one of the following...Don't forget to keep track of your thoughts in your reading journal.**

**\*A Doll's House by Henrik Ibsen**

**\*The District Governor's Daughters by Camilla Colette**

**\*Searching for Nora by Wendy Swallow**

**Editor's Note: I LOVED Searching for Nora! The author will Zooming with the Sons of Norway Book Club this month to discuss the book with us. My question to the author will be, "Please talk to us about the research you did on Norwegian women prior to writing the book". I can't wait to hear from her on Thursday night, May 26th at 6:00 p.m. central time.**

Book Club Zoom Meeting May 26, 2022, 7:00 - 9:00 p.m. Eastern Time Link  
<https://us02web.zoom.us/j/83319854971?pwd=T280UnFyT0JUUY9rUDloQ3lCOWtXQT09> or From website  
**Meeting ID: 833 1985 4971 Passcode: 179384**

# District 5 Sons of Norway Convention and Sangerfest 2022 – June 15-19, 2022 Madison Marriott West – 1313 John Q Hammons Dri., Middleton, Wi 53562



## Non-Delegate Guest Registration

There will be a special non-delegate registration for guests who would like to enjoy the convention experience.

**Guests**, while delegates are taking care of District 5 business, you will have plenty of activities to choose from.

**Non-Delegate SofN members** may observe the business meeting.

**Speakers** will be scheduled throughout Friday and Saturday in 45-minute sessions. There will be ongoing **demonstrations** in the Atrium along with numerous **displays** of District 5 activities and projects. You will be able to visit with staff from Sons of Norway International at their display, including representatives of the financial branch.

You will meet members from throughout the district and have an opportunity to find out more about their lodge activities.

**Vendors** are open for your shopping enjoyment all three days of the convention. You can find Scandinavian wares and other interesting items.

Take time to enjoy the **cultural arts** display where you can view crafts made by Sons of Norway members during the past four years. Vote for your favorite in each category to help choose the People's Choice winners.

registration packet when it becomes available on the D5 website, <https://sonsofnorway5.com/>

## Friday 11:30am-3:45pm

Join the **Heritage Bus Tour** to Koshkonong and Stoughton. Local historians bring history alive with a tour of the area featured in the Thursday evening video presentation. Visit Livsreise and the Stoughton Historical Society before returning to the Marriott.

Several restaurants are within walking distance if you choose to explore the neighborhood for lunch. Shopping at **Greenway Station** is a short drive and **downtown Middleton** has many interesting shops and restaurants.

Visit the world-famous **National Mustard Museum** in downtown Middleton (on Trolley route). Learn all you ever wanted to know about mustard and even purchase mustards from around the world. Be sure to take your sense of humor along on this outing.



**Save Your Canceled Postage Stamps**

## **POLAR STAR CALENDAR OF EVENTS**

**JUNE 4th Norsk Museum Open House and Breakfast**

**JUNE 15- 18: DISTRICT 5 CONVENTION**

**AUGUST 7 : VIKING GAMES AND PIKNIK**

**SEPTEMBER 11 - VASA PARK 9:00 a.m.**

**OCTOBER 2 - PROGRAM TBA**

**NOVEMBER 6 - Høstfest begins at 11:30 a.m.**

**DECEMBER 4 - JULETREFEST**

\*\*\*\*\*

## **Gratulerer Med Dagen (Happy Birthday)**

**Polar Star Members!**



### **Mai 16-31**

**20. Blake Chaussey**

### **June 1-15**

**3. Nilslee Kreppert**

**4. Nels Johnson**

**10. Ben Gehler**

**10. Gerald Rucks**

**11. Erika Koehler**

**Velkommen til Polar Star Erika and Andy Koehler!!!**



# Polar Star Sports and Activities

by Jerri Lynn Baker



**Ruck March for St. Olaf's Food Pantry** will be held on Saturday, August the 6th at 10AM. We will meet at Violet Patch park located at 1605 Rt. 25 in Oswego, park is by the Fox River. The path is asphalt and flat. The scenery is beautiful. There will be no weight requirements on the food you carry in your pack, but you must carry something, even if it's marshmallows. However, there will be a prize for whoever carries more than me, how much do you think I can or will carry is the question! Prize is yet to be determined. You must weigh your pack before you arrive and check in with me with how much weight you are carrying, I am leaving this on the Honor System. You will have different options of how far you walk because I know we all have different capabilities, yet all are welcome to do what they can.

This Ruck is in support of St. Olaf's food pantry. While you may only be able to carry one can of beans or one bag of marshmallows in your pack while you walk your distance, I am asking you to bring more food with you to donate to St. Olaf's. For those who bring at least 5 items of anything you will have your name placed in a drawing for a fabulous prize (yet to be determined). All extra food plus what you carry will be loaded into my car and it will be delivered to St. Olaf's on Sunday before our meeting.

This Ruck will be held rain or shine (unless there is lightning). It's up to you to decide how strong the Viking blood is that courses through your veins!

## Okay Polar Star Walkers!!!!

I'm putting this out here to challenge you to sign up for the 5K! The participation level is quite low and it is a very good cause that as Norwegian Americans I think we should support! On the day of the 5K (3.1 miles) not only will there be a race in Geneva, but also all the way over in Harstad, Norway? It's a two-country race. When you sign up please look for the spot to join an existing team and then join Sons of Norway Polar Star.

A poster for the BIG HEART TRANSATLANTIC 5K race. The top features the text "BIG HEART" in a large, stylized font, with a heart icon. Below it is a globe with a banner across it that says "TRANSATLANTIC 5K". The text "The BIG HEART 5K is like no other race.." is written below the globe. Further down, it says "One race | Two Continents | One Cause" followed by the start times and dates for the race in Geneva, IL (USA) and Harstad, Norway. The price for the 5K Run/Walk is \$40.00, and it includes a tech shirt and a custom finisher award. Below this, there are two columns of information: one for Geneva, IL, detailing the race start and finish at Geneva Middle School South, and another for Harstad, Norway, detailing the race route through Folkeparken. At the bottom, there is information about a NEW! Tiny Heart Kids Race (2 years old to 6 years old) for \$15.00, which includes a cotton shirt and a finisher medal. A small box at the very bottom encourages donations to support efforts to prevent sudden cardiac death (SCD) in youth globally.

**BIG HEART**

**TRANSATLANTIC 5K**

"The BIG HEART 5K is like no other race.."

**One race | Two Continents | One Cause**  
9:00am CT, GENEVA, IL (USA)  
16:00 CST, HARSTAD (NORWAY)  
June 11, 2022

**5K Run/Walk**  
**\$40.00**  
Includes A4 tech shirt (mens, ladies and youth sizes).  
Custom finisher award and a great after party with runners from 4,000 miles away.

 **Geneva, IL**  
The race will start and finish at the Geneva Middle School South  
1415 Viking Drive, Geneva, IL 60134  
Parking is available at the school

 **Harstad, Norway**  
Vi vil bruke 5km i Folkeparken – en fin tur på sti og traktorvei for både de som løper og går turmarsj.  
Parkering i Folkeparken.

**NEW! Tiny Heart Kids Race**  
(2 years old to 6 years old)  
**\$15.00**  
Includes cotton shirt and finisher meda

Informasjon om familie turmarsj vil bli annonsert senere.

**When you register please consider making a donation.**  
Your donation will support our efforts to prevent sudden cardiac death (SCD) in youth globally, establishing a recurring FREE cardiac screening program for Geneva High School students, raise awareness and promote large scale SCD prevention programs

Editor's note: This is perfect challenge for our family (and our lodge). Our son, Matthew, is an adult child with a congenital heart condition that makes him at risk for SCD. Kenny and I are signed up and hopefully my back will let me make it the 3.1 miles!



# Geneva Viking Ship Sets Summer Visit Dates



The Geneva Viking ship, shown in 1893, will open for summer visits--docent-guided or self-guided--at 528 East Side Drive in Geneva. Tour dates are June 19, 25, 26, 10 a.m. to 4:30 p.m. (Swedish Days); July 16, 1 to 4 p.m.; Aug. 20, 1 to 4 p.m.; Sept. 17, 1 to 4 p.m.; and Oct. 15-16, 10 a.m. to 4:30 p.m. (Al Benson photo)

GENEVA, Ill., The Geneva Viking ship opened for public visits on Saturday, May 21. Parking is free at Good Templar Park, 528 East Side Drive in Geneva.

According to the ship's website, [vikingship.us](http://vikingship.us), visit dates are; June 19, 25, 26 from 10 a.m. to 4:30 p.m. during Swedish Days; July 16, from 1 to 4 p.m.; Aug. 20, from 1 to 4 p.m.; Sept. 17, from 1 to 4 p.m.; and Oct. 15-16, 10 a.m. to 4:30 p.m.

Tours include self-guided and docent-guided tours every 15 minutes to 3:15 p.m. For private group tours, call (630) 302-7333.

Admission is \$7 for adults, \$4 for ages 13-17 and children 12 younger, free. Tickets are available at the door and online at [vikingship.us/tours-of-viking](http://vikingship.us/tours-of-viking). Only credit cards will be accepted.

The Viking is a life-size replica sailed from Bergen, Norway to the 1893 Chicago World's Fair. Visitors can learn about her construction, crew, voyage from Norway to Chicago, local history and significance.

The ship is maintained by Friends of the Viking Ship, a St. Charles-based nonprofit that works for the preservation, public display and permanent home for the ship.

For more information, call [\(331\) 248-1903](tel:(331)248-1903), e-mail [viking1893@Gmail.com](mailto:viking1893@Gmail.com) or visit [vikingship.us/events](http://vikingship.us/events).

From:  
Al Benson  
630-859-3418

## Polar Star Ceremony of Remembrance May 1, 2022





## Polar Star Celebrates Syttendemai 2022



Park Ridge, IL Syttende mai banquet and parade



Stoughton, WI Syttende mai 2022



**Sons of Norway  
Polar Star Lodge 5-472  
Regular Meeting, May 1, 2022**

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

The lodge met in person in St. Olaf's Lutheran Church basement. President Ken Johnson called the meeting to order at 2:20 PM, following a 1:30 PM delicious pot luck luncheon including ham and scalloped potatoes prepared by kitchen hosts Nancy Andersen and Barb Johnson. There were many favorite side dishes and desserts, including ice cream. In addition, Nancy Andersen prepared a beautiful bløtkake. Table centerpieces celebrated the memory of Polar Star members who passed away over the past three years.

**President's Announcements:**

- President Ken opened the meeting and welcomed everyone. Al Bergh provided the prayer.
- Cleng Peerson Lodge will be celebrating its 50<sup>th</sup> anniversary on October 16, 2022, in Ottawa. Please save the date so we can help them celebrate. Details soon.
- The annual Scandinavian festival at Vasa Park will be Sunday, September 11. It was moved, seconded, and passed to make the same donation as last year.

**Treasurer's Report:** Carol read the Treasurer's report (copy attached). Total assets of \$17,557.55.

**Vice President's Announcements:**

- Frank announced that various sizes of our Polar Star vests are now available for \$29 (at cost).

**Social Director:**

- Nancy is still looking for volunteer kitchen helpers for our August and October monthly meetings. She encouraged those who have never done it before to sign up. Several months need an additional volunteer, since they only have one person signed up as of now. There are always plenty of other members around to help. Responsibilities, providing the main dish, setting up the room, ½ gallon whole milk, and clean up afterwards. Full directions are posted on our Polar Star Lodge website.
- Norwegian National League's annual Syttende Mai celebration will be holding their annual dinner banquet on May 14 Saturday night at the Park Ridge Country Club, with a Covid-safe parade on Sunday, May 15 in Park Ridge. Our float will be #17 in the parade, and Nancy will need somehelp. Contact Nancy this week for information about tickets for the dinner and to volunteer to help her at the parade.
- The annual Scandinavian festival at Vasa Park will be Sunday, September 11.

**Cultural Director:**

- Barb gave a book report on one of the Sons of Norway Book Club's April books. One of the books for May will be "Searching For Nora", a fictional account of what happened to Nora after Ibsen's "A Doll's House".
- A Rosmaling class will be available in LaGrange in June.
- The District 5 Chest and contents are available to view by the hall signup ledger. Polar Star will contribute something that celebrates our lodge's great accomplishments in earning cultural medals.

**Sports Director:**

- Several Polar Star members completed the February Friluftsliv challenge: Nancy Andersen, Carol DeVito, Barb and Ken Johnson, Carol and Richard Vigenes, Vi Skogen, and Karen Oswald.
- Our "Ruck March" will take place on August 6. We will be carrying food in a backpack on a walking round-trip, and then donating the carried food to St. Olaf's food pantry.

**Next Meeting:**

- No formal meeting in June. However, the Norway Museum Open House and Breakfast is June 4, 8 to 11 am. Nancy Andersen will be contacting us to volunteer working at the event and to prepare Norwegian food/desserts for it. Volunteers will need to arrive there by 7:30 am.
- As usual, there will be no meeting in July.
- Our next regular meeting will be Sunday, August 7 , celebrating Norwegian American Women and sharing a pot luck piknik luncheon. Please bring non-perishable food items (or donate \$) for the St. Olaf Food Pantry.

**Meeting Adjournment:** The meeting was adjourned at 2:45 PM.

**Today's Program:** Following the meeting, a beautiful service led by Al Bergh was held in memory of Polar Star members who passed away over the past three years: Kathleen Hatteberg, Marjorie Harkins, Colin Kutrovatz, Harriet Eklund, Thor Fjell, Thomas Baughman, Ellen Jensen, Phyllis Benson, Sherry Andersen, Geneviev Frykman, and Roald Berg.

Respectfully submitted,  
Karen Oswald, Secretary