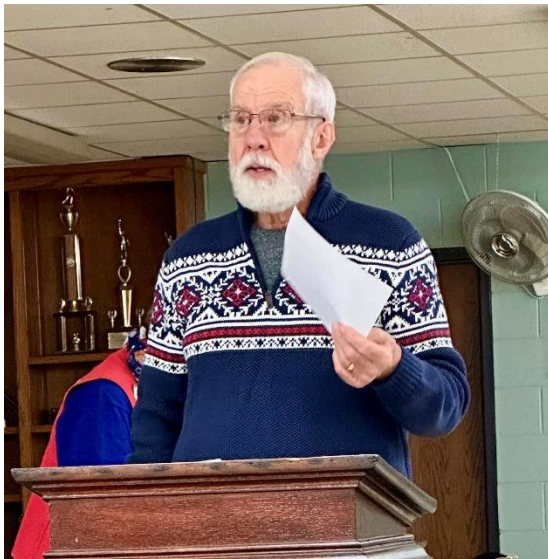


Sons of Norway

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



Godt nytt år! Happy New Year!
Winter has certainly arrived in Northern Illinois as we prepare for our annual Polar Star Penny Social and Soup competition. Don't forget to also bring cookies for the District 5 Barnebirkie event that will be held in Hayward, WI on Feb. 20. Stay warm and safe and we hope to see all of you on February 2nd.

**Your President
Ken Johnson**



Polar Star 2025

See page 4 for details

Upcoming Events

Sunday, January 25-26
Nordic Ski Jump
See page 3 for details

POLAR STAR PENNY SOCIAL and Soup Competition

Sunday, Feb. 2, 2025
1:30
St. Olaf Lutheran Church
See article on page 2

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

Godt Nytt År Polar Star!!



POLAR STAR PENNY SOCIAL and The Great Polar Star Norwegian “Soup”er Bowl Competition FEBRUARY 2, 2025 1:30 p.m.

Gather your garage sale treasures for re-sale at our Penny Social Auction and start digging out your Norwegian soup recipes for our annual lodge soup competition. Tickets for the Penny Social will be sold for 25 cents each and soup tasting and judging will begin at 1:30 followed by the Penny Social.

Don't forget to wear your Norwegian sweaters and to drop off your Barnebirkie cookies and/or a monetary donation (see page 3).



Who will win the title this year?????

Norge Ski Club's
International Winter Tournament 2025
January 25th and 26th, 2025

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



Weekend Schedule

SATURDAY JAN. 25	SUNDAY JAN 26
Junior Tournament Small Hills – Noon	Opening Ceremonies – Noon
Junior National Qualifier K70 Big Hill	US Cup Competition K70 Big Hill
	Longest Standing Competition



Purchase buttons online \$20.00
Purchase buttons at gate \$25.00

[Norge Ski Club Winterfest Ski Jumping Tournament 2025 | Buy Tickets | Ticketbud](#)

Kumla Middag

(Kumla Supper for you non Norwegians)

Fern Dell Historic Association

When: Feb. 15, 2025

Time: 4pm til 7pm

Where: Newark Fire Dept.

101 E. Main St. Newark, IL

Questions: 815-735-8319

Silent Auction



\$16 per meal

Alle er Velkomne

All are Welcome

District 5 Barnebirkie – February 20, 2025 Hayward, WI



Calling all bakers....cookies are needed!!!!

It's that time again! Barnebirkie will be held on Thursday, Feb 20th in downtown Hayward, WI.

There are many ways to help us out! We have a cookie goal this year of 900 dozen!

So we need those donations!

There are several drivers in southern Wisconsin heading up to Barnebirkie transporting cookies. If there are any donated cookies in Central Illinois or beyond they would have to make their way up to me in the northwest suburbs of Chicago.

Too far away? Monetary donations for the D5 Legacy Foundation are greatly appreciated. Funding from this Foundation helps to support cultural activities, including Barnebirkie!

As always we need volunteer/workers in the cookie tent - please contact me if you are able to help in any way (event and/or transport). Volunteers also need to register with Birkiebeiner.

Clara.Solak23@gmail.com

Heading up to Hayward to help? Volunteers should make their reservations now.

Polar Star Culture Corner 2025

"CELEBRATION NORWEGIAN IMMIGRATION"

"CROSSING 200"

By Barb Johnson, Culture Director



Polar Star Culture Goals 2025

What a great year to celebrate our Norwegian heritage!!! Plans are completed for our heritage weekend celebrating Norwegian Immigration October 3-5 in Norway, Illinois. You should have received the registration materials in a separate email to our membership so please register early before the information is posted on our web page.

2025 will also be a great opportunity for our members to earn Sons of Norway culture medals in literature, food, music, knitting, stamps, folk dancing and genealogy.

Following is a list of the Sons of Norway culture medals with Polar Star requirements for 2025.

Polar Star 2025 Culture Goal Medal Requirements

Literature: Read three different books from three different genres written by Norwegian or Norwegian American Authors

Editor's notes: I recommend these books. We will be that will be highlighted this year and support our immigration theme.

1. Fiction:

- a. *Sons of the Old Country* by Waldemar Ager
- b. *Giants in the Earth* by O.E. Rølvaag
- c. *An Untamed Land* by Lauraine Snelling
- d. *The Cotter's Son* by H.A. Foss

2. Non-Fiction:

- a. *Mission to the City* by Karl Holm (Arthur Andersen's Grandfather)
- b. *From Horse and Buggy to the Moon* by Phyllis Benson (Barb Johnson's mother)
- c. *The First Norwegian Settlements in America* by Mike Palecek
- d. *The Diary of Elisabeth Koren* Edited by David. T. Nelson

3. Poetry: *Balancing* by Kathleen Ernest

Poems of the Female Immigrant Experience in the Upper Midwest, 1830-1930

Traditional Norwegian Cooking – Prepare 5 traditional Norwegian recipes

1. Participate in the Polar Star Lefse Making Workshop
2. Prepare a Norwegian soup for our "Soup"er Bowl
3. Participate in our "fastelavnsboller" baking event on March 1st
4. Prepare a "box lunch" for our Pioneer Piknik in August
5. Prepare a Norwegian dessert of your choice for the Culture Weekend in October.

Music

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

1. Attend the April Polar Star Lodge Meeting
2. Attend the Celebrating Norwegian Immigration Culture Weekend to hear
3. Sing in the Culture Weekend Norwegian Choir

Knitting: Knit a simple scarf

Attend a Polar Star sponsored knitting workshop. Date TBD.

Stamps: Collect 50 Commemorative Stamps from Norway, America or Canada.

Place your stamps into an album and attend the Culture Weekend stamp presentation by Arther Andersen.

Folk Dancing: Learn and perform three (3) Norwegian folk dances

1. Attend and participate in the Culture weekend Barn Dance.

Genealogy: Share your genealogy

Prepare a family tree chart to be displayed at our Culture Weekend. (specific report forms will be provided in future newsletters and explained a monthly lodge event).

Look for more details and updates each month.



POLAR STAR “VINTER” LEFSE MAKING WORKSHOP
Date TBD -on a Saturday morning - 9:00 a.m.
St. Olaf Lutheran Church Basement



Polar Star will be hosting a winter Lefse Making Workshop led by our very own Vi Skogen as soon as the Idaho Russet “Burbank” potatoes become available. The Public is invited to learn how to cook, prepare and roll potato dough to make Vi’s fabulous lefse recipe. Don’t miss this special opportunity to learn this traditional Norwegian staple! Please bring your lefse rolling pins, rolling boards, and grills if you have them. Please let Barb know if you want to be included on the email list when the event is scheduled.

Don’t forget your favorite apron

Polar Star Sports and Activities

by
Jeri Lynn Baker

Godt nytt år Polar Star! It's no too late join the virtual walk from New York to Norway, Illinois. With the start of the new year we have just 304 days to complete the task. Are you on target, behind or ahead? Keep moving! Prizes await some of the lucky and don't forget your earning a "special" pin I picked out for your Sons of Norway vest. Here's to staying active in 2025!!



Sports Director Jeri Lynn Baker is awarded the Polar Star 2024 Viking Culture Medal

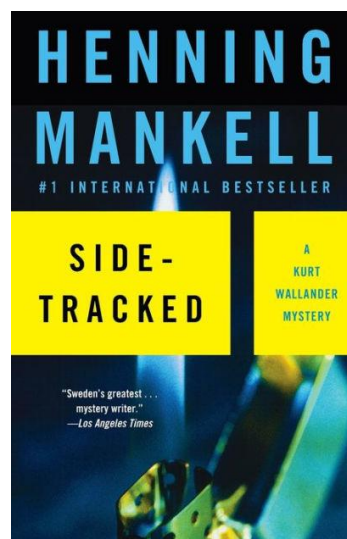
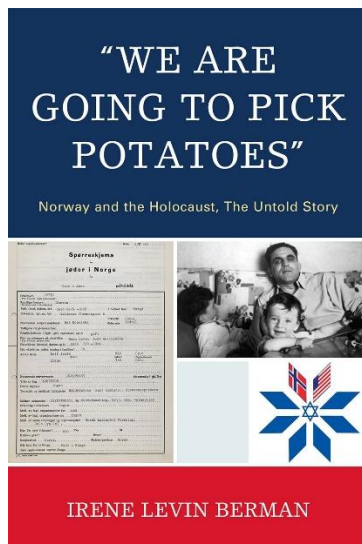
To join the Sons of Norway Book Club, send an email with your name, lodge name and contact information to SonsofNorwayBookClub@gmail.com.

Sons of Norway February 27, 2025 Zoom Book Club Selections

Main Read: *We are going to Pick Potatoes* by Irene Levin Berman

Mystery Read: *Sidetracked* (Kurt Wallender #5) by Henning Mankell

The Book Club Zoom meeting is held the 4th Thursday of the month at 6:30 central time.



Seven Reasons to Join the Sons of Norway Book Club

- Monthly Zoom meetings to discuss fiction and non-fiction book selections from Norwegian and Nordic neighbor authors.
 - Easy way to earn all three levels of the Sons of Norway Literature Culture medal
 - Monday evening live "Author Talks" on the 2nd Monday of the month
 - Periodic newsletter with the latest book reviews and literary events
- A chance to meet and interact with Sons of Norway members from other parts of the United States.
 - Children and Teen Book Clubs coming in 2025
 - On-line Writing coming in 2025.

Editor's Note: I highly recommend joining this Book Club. The book selections are fantastic and the participants from all the country provide interesting insights from their unique perspectives.

Polar Star 5-472 - 2025 Events and Programs

The year of

“Celebrating Norwegian Immigration”

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

FEBRUARY 2	POLAR STAR PENNY SOCIAL and SOUP COMPETITION
MARCH 2	Fastelavn Søndag
APRIL 6	Pioneer Food, Food and Music
MAY 4	Polar Star Memorial Service
SAT. - JUNE 7	NORWAY MUSEUM OPEN HOUSE AND BREAKFAST
JULY	POLAR STAR FAMILY MONTH – NO EVENT SCHEDULED
AUGUST 3	Pioneer Piknik and Ice Cream Social
SEPTEMBER 7	VASA PARK 9:00 a.m.
OCTOBER 3-5	Celebrating Norwegian Immigration Culture weekend, Norway, Illinois
NOVEMBER 2	Høstfest begins at 11:30 a.m.
DECEMBER 7	JULETREFEST

2025 POLAR STAR KITCHEN COMMITTEE

Feb. 2	Karen Oswald and Soup Competitors	Oct. 3-5	
March 2	Sue & Steve Tanda Carol and Frank	Nov. 2	All members - Høstfest
April 6		Dec. 7	Polar Star Board
May 4			
June 7	Norsk Museum Opening		
Aug. 3			
Sept 7	Vasa Park Event		
Oct. 6			



January 16-31	Birthdays	February 1-15	Birthdays
Jan 29	Elsie Sorenson	Feb 1	Brianna Meek
		Feb 3	JoAnn Ward
		Feb. 4	Al Bergh
		Feb. 6	JoAnn Gryder
		Feb. 9	Al Benson
		Feb. 14	Craig Leifheit



Please turn in your volunteer hours to Karen Oswald ASAP

Activity Volunteer Hours Tracking Sheet - Polar Star Lodge 6-472

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 before/at/after 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 Meeting/Food (prepare food for pot luck; set/clean up, kitchen duty)													
Lodge Meeting Programs/Activities (plan/prepare/lead)													
Training/Seminars (plan/prepare/lead)													
Officer Duties													
Manage Newsletter/ Facebook/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)													
Sloopers													
Syttende Mai Parade/Banquet (prep/food/work)													
Norwegian National League (plan/prepare/lead)													
Viking Ship (docent/manage/maintain)													
MSI Christmas Tree													
Barnebirke/Norge Ski													
SOFN Book Club													
Tubfrim													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
TOTAL COMMUNITY HOURS:													

Revised 2024

Polar Star Celebrates the New Year..... 2025



Viking Music



Left : Photo taken by Art Andersen at Lofotr Viking Museum at Bøstad near Svolvær in the Lofoten Islands.
Right: Steve Tanda demonstrating an Irish Bodhrán at our January Lodge Viking Music Event.



This Viking bukkehorn (ram's horn) was plowed up in the field by Art's mother's cousin Ole in Vigrestad, near the sea, south of Stavanger. It was found not far from a Viking mound. Art remembered after the Viking music program that Ole gave it to him many years ago.

Sons of Norway
Polar Star Lodge 5-472
Regular Meeting, January 5, 2025

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

President Johnson called the meeting to order at 2:20 p.m., following a 1:30 p.m. delicious potluck luncheon. Kitchen hosts were Jeanne and Craig Leifheit.

President's Announcements:

- Ken opened the meeting with the Pledge of Allegiance, and welcomed everyone. The new member Rubis family's other daughter, Hannah was home from college on holiday break and joined us.
- Pledge of Allegiance was followed by the singing of the United States, Norwegian, and Canadian national anthems.
- Motion to approve the minutes for our December meeting was made, seconded, and passed.
- Ken reported a thank you letter from "Ski for Light" for our 2024 donation.

Treasurer Report: In Carol's absence, President Ken read a summary of the monthly Treasurer's report (copy attached). Current checking account balance is \$2,988.39, and our total assets are \$17,358.89.

Secretary Report: Karen reminded everyone to:

- Submit their 2024 activity volunteer hours report to her by email, text or snail mail within the next two weeks.
- Start keeping track of their 2025 volunteer hours.
- Contact Karen with any questions.

Social Director Report: In Nancy's absence, President Ken reminded that we still need members to volunteer and sign up for kitchen duty for least one 2025 Polar Star meeting. Coverage is still needed for our April, May, and August 2025 meetings.

Sports Director Report: Jerri Lynn reminded everyone about Polar Star's "celebration migration" a 836-mile virtual walking challenge (distance between New York City and Norway, Illinois), commemorating the 200th anniversary of the Sloop's arrival in America. The challenge is to complete the walk between 10/4/24 and 10/31/25. Those completing the walk will receive a beautiful painted participation pin. There is still time to participate! Contact Jerri Lynn for details.

Cultural Director Report:

- Barb awarded our 2024 Year of the Viking award to Jerri Lynn Baker, the only Polar Star member completing all award goals by year end.
- In January and February Barb and Nancy will be putting together a fundraiser Polar Star cookbook for our October 2025 Cultural Weekend. She asked everyone to email/snailmail family recipes (with a related family story/memory) to her as soon as possible.

- Barb asked everyone to save October 3-5, 2025 for our upcoming 2025 “Celebrating Norwegian Immigration” cultural weekend. Barb will email weekend’s schedule and registration forms to all our members on January 15. They will also be made available to Cleng Peerson lodge members, the District 5 website, Norwegian National League, Sloop Society, Vesterheim Museum in Iowa, etc.. This will be a very big event. Please take the time to read through it all. We are hoping that you all will attend, and that all of us will volunteer for some small segments of it (*but mainly to attend and enjoy*). Questions answered at our February meeting.

Meeting Adjournment: The meeting was adjourned at 2:35, followed by a program of “Viking music”, including website videos shown by Cultural Director Barb, and authentic Viking drum music played by our own Steve Tanda.

Next Meeting: Sunday, February 2: Polar Star’s annual Penny Social and “Souper” competition.

Respectfully submitted,
Karen Oswald, Secretary