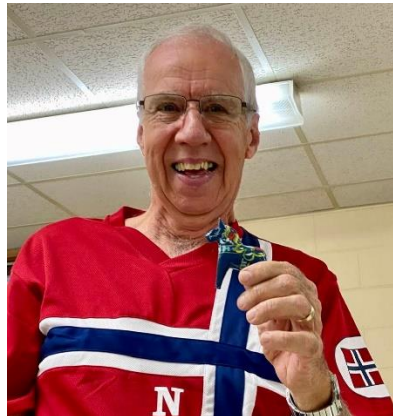


Sons of Norway

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 earns Dale Horse Award for Ruck March

Hilsen Polar Star Lodge!

Vasa Park Scandinavian Day is coming!!! I hope everyone has started their Norwegian baking and plans to attend this fun fund raising event for our Lodge.

Your President
Ken



Carol Devito – receiving “The People’s Choice” First Place Award earned at the District 5 Culture Exhibit in June

UPCOMING EVENTS

Scandinavian Days

at
Vasa Park

Sunday September 11th

see details on Page 4

Polar Star Lodge Event

October 2nd – 1:30 p.m

St. Olaf Lutheran Church,

Montgomery

details on page 2

Norsk Museum

Smorgasbord

Saturday, October 8,
2022

See Events Calendar on page 7
For details

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

OCTOBER 2nd LODGE EVENT

Masse Mora 2022 with Scarlett !!!



Polar Star Earns District 5 Culture Awards at 2022 Convention



Barb, Kelly, Carol and Karen display Projects entered in the District 5 Culture Exhibition.

Join us in October as Scarlett Anderson shares her experiences as a participant at the District 5 2022 Norwegian Language Camp.

The Polar Star Potluck will begin at 1:30 followed by the program. Please bring a dish to pass and your own table service.

Kelly and Barb earn Ruck March Awards



Vasa Park Scandinavian Festival

Sunday, September 11, 2022



“This will be the 42nd Scandinavian Day Festival. Many years have passed and the festival has evolved but it remains loyal to its roots; the heritage of the five Nordic countries. We achieved our mission to bring the Scandinavian community together last year when 1,400 people visited the Festival, and with your support we can look forward to a memorable 42nd Festival on **September 11th, 2022**”

“The Festival planning team is working to select the entertainment including the ever popular ABBA Salute and finding vendors to prepare those delicious Scandinavian foods and an assortment of Scandinavian goods for you. We are excited to bring to our 5 Nordic communities, and the Midwest, a vibrant and fun-filled Festival for 2022”



Editor's Note: Polar Star will be on site at the Scandinavian Day Festival selling our baked goods and Norwegian collectibles. Please contact Barb and Kenny if you need your baked goods picked up prior to the event.

POLAR STAR CULTURAL CORNER

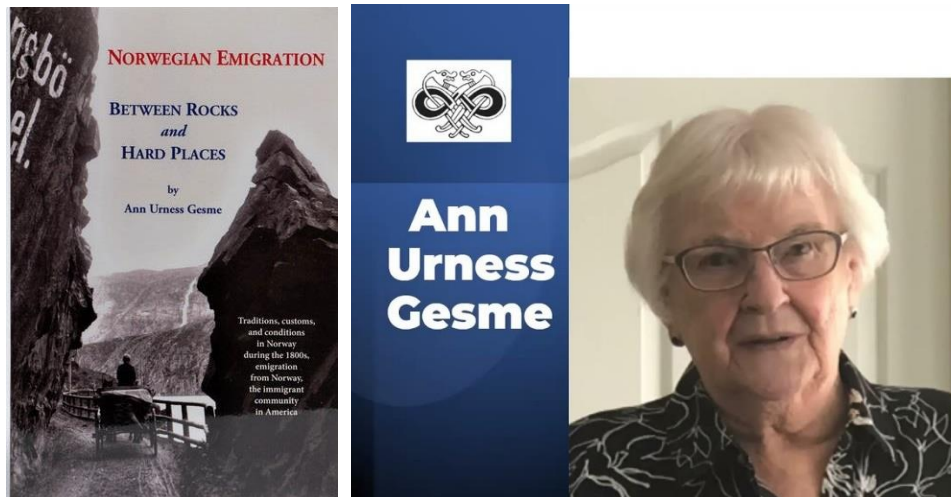
by
Barb Johnson

Sons of Norway Book Club

August Book Selection

Norwegian Emigration

Between Rocks and Hard Places



Author Ann Urness Gesme will be zooming live at the August 25th Sons of Norway Book Club. She will share her research detailing customs and conditions in the lives of rural Norwegians as they began to consider emigration in the 1800s.

Editor's Note: I am looking forward to hearing from this author. Her family story is probably the story of all of our families. She has updated her original book so be sure the title includes "Norwegian Emigration". This is a NEW edition that includes original text of *Between Rocks and Hard Places*, plus additional content and over 100 historic photos.

Book Club Zoom Meeting Link

Book Club Zoom Meeting August 25, 2022, 7:00 - 9:00 p.m. Eastern Time Link

<https://us02web.zoom.us/j/83896224629?pwd=dHlrVmpVZlkrT2hodFZCK2Y0V0xyUT09> or from Zoom website Meeting ID: 838 9622 4629 Passcode: 462444

Polar Star Sports and Activities

by Jerri Lynn Baker

Hello everyone,

Some of you I talked to at our meeting, others were missed. I am looking for an email response from everyone please, if your answer is no to any of the questions, please respond as such. Your help is greatly appreciated. If your answer to the very first two questions of the #1 question is No, it is the only answer you need respond to and I thank you for your time in responding. Your answer is for the benefit of me only and how to proceed with the program.

1. Are you a member in good standing (2022 dues of \$60 paid)? If your answer is no, do you plan to pay your dues and continue being part of Polar Star? If your answer is no please answer this question only and email me your answer.

Sports Medal Survey:

Below is the list of medals you can earn in the Sports Medal program. There are 4 levels to each medal group: Bronze, Silver, Gold and Enamel, they must be earned in order. Have you earned any of these? Please list the name and which levels you have earned for each:

- **Idrettsmerke** pronounced *ee-dretts-merk-eh* is for **General Fitness** and rewards a variety of activities. Do you know what the activities are? Did you know if your activity is not listed I may be able to make up a plan for your activity?
- **Skimerke** – pronounced *shee-merk-eh* – is for **Cross Country Skiing**
- **Svømmemerke** – pronounced *svum-uh-merk-eh* – is for **Swimming**
- **Sykkelmerke** – pronounced *sick-el-merk-eh* – is for **Biking**
- **Gangmerke** – pronounced *gahng-merk-eh* – is for **Walking**

If you have not earned any or have only earned some levels and stopped, what is the reason you have not earned any or only some? Is it health, motivation, time

constraints, lack of understanding the ways to earn, no interest? Is there anything, as your Sports Director I can do to help you accomplish any or all?

Thanks!
Jerri Lynn



The Polar Star “Ruck March” for the St. Olaf’s Food Pantry was held on Saturday, August 6th at 10AM. Five Polar Star members met at Violet Patch park located along Route 25 in Oswego and walked along the beautiful trail along the Fox River. Even in the blistering heat, the group managed to complete the walk with over 69 pounds of food on their backs. Thanks to everyone who participated!



GRATULERER MED DAGEN POLAR STAR



16 - 31 AUGUST

19 August - Pat Baughman
20 August - Floyd Anderson
23 August - Penny Ray
30 August - Cynthia Ann Olson

1-14 SEPTEMBER

September 4 – Frances Berg

POLAR STAR CALENDAR OF EVENTS

All events held at St. Olaf Lutheran Church, Montgomery, Il at 1:30 unless otherwise listed

SEPTEMBER 11 - VASA PARK Scandinavian Festival - 9:00 a.m.

OCTOBER 2 - Masse Moro 2022

October 8, Norsk Museum Smorgasbord

Location: Cleng Peerson Lodge – Norway Illinois Community Building

Contact: Richard Gunderson at gunder8506@sbcglobal.net

Additional Information:

Smorgasbord in Norway, Illinois

Two seatings 3:30 and 5:30

October 23 – Cleng Peerson 100th Anniversary celebration

NOVEMBER 6 - Høsfest begins at 11:30 a.m.

DECEMBER 4 - JULETREFEST

Polar Star Indoor Picnic 2022



**Sons of Norway
Polar Star Lodge 5-472
Regular Meeting, August 7, 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 piknik luncheon featuring pølse (hot dogs) and baked beans. Kitchen hosts were Frances Berg, Al Benson, and Tom Harkins. There were many favorite salads, side dishes, and desserts, including ice cream.

President's Announcements:

- President Ken opened the meeting and welcomed everyone. Al Bergh provided the prayer.
- Thank you notes from Norwegian National League for our syttende mai ad donation, and from Cleng Peerson Lodge for our help opening the Norsk Museum. Frances Berg thanked those who signed up to be a docent at the museum this summer. Some additional volunteers are still needed.
- Cleng Peerson Lodge will be celebrating its 50th anniversary on October 23, 2022, at the K of C in Ottawa, IL. Guest speaker will be Susan Meyer, Norwegian Honorary Consul for Illinois. Please save the date so we can help them celebrate. Details soon.
- The annual Scandinavian festival at Vasa Park will be Sunday, September 11. Please start baking now.
- Sons of Norway Heritage weekend is October 7/8 in Spring Grove Minnesota.
- District 5 convention:
 - Our Polar Star lodge earned the National Gold Merit award in 2018, 2019, 2020, and 2021.
 - Polar Star's newest delegate this year said she most enjoyed the culture classes and the music. Comments from other delegates included realizing that the national organization is divesting itself a number of responsibilities, such as culture medals and training, and passing them down to district levels. Seems to be moving toward a focus on finances rather than on cultural education.
- Floyd Anderson reported that his granddaughter's Masse Moro camp experience this year was hampered by Covid issues at the camp. She may be available to talk with us at our October lodge meeting.

Treasurer's Report: Carol read the Treasurer's report (copy attached). Total assets of \$16,456.86.

Cultural Director:

- Barb spoke about how Polar Star members submitted several items for the 5th district convention's culture works and crafts exhibits. Carol Devito won two first prize blue ribbons: handmade Rosemaling bowl and Sami bracelet. Barb Johnson won a third place ribbon. Kelly Welin and Karen Oswald also submitted items.
- Barb talked about the national Sons of Norway book club, and described the book discussed in July: "Smilla's Sense of Snow". The book for August is "Between Rocks and Hard Places", about traditions, customs, and conditions in Norway during the 1800s, emigration from Norway, and the Norwegian immigrant community in America. The book's author, Ann Urness Gesme, will be guest speaker.

Sports Director:

- Jerri Lynn earned the Hederspris medal for earning all three levels in three different sports. Her three sports were Gangemerke (walking), Idrettsmerke (sports & fitness), and Sykkelmerke (bicycling).
- Our “Ruck March” took place on Saturday August 6. Jerri Lynn, Karen Oswald, Kelly Welin, and Barb and Ken Johnson carried food in a backpack while walking 1-2 miles on the Violet Patch Park path along the Fox River in Oswego. The workers carried 64.5 pounds of food, and even brought additional food. All was donated to St. Olaf’s food pantry. Prizes were awarded to each of the walkers.

Social Director:

- One or two volunteer kitchen helpers are still needed for our October monthly meeting.

New Business:

- November 6th Høstfest: President Ken initiated a discussion about whether or not to hold our Høstfest this year. It has not been held for two years due to Covid considerations, and of course always ongoing concerns about that. In addition, entertainment may be of concern since it is not known whether the Polar Star chorus will be available. However, Ken said there may be a possibility of a dulcimer presentation. Other discussion items were pricing for baked goods, vendor participation and availability. It was moved, seconded, and approved that we plan on moving forward with our Høstfest plans, with perhaps only minor pricing adjustments. As usual we will be flexible, taking into consideration conditions and our options.

Next Meeting:

- Everyone please start baking and also volunteer help in our annual booth at the Scandinavian Festival at Vasa Park on September 11.
- Our next regular meeting will be Sunday, October 7, celebrating our family trees and sons of Norway foundation month. Phoebe and Al Bergh are the kitchen hosts. An additional volunteer or two would be helpful. Please bring non-perishable food items (or donate \$) for the St. Olaf Food Pantry.

Meeting Adjournment: The meeting was adjourned at 3:25 PM.

Today’s Program: Due to the rainy weather, the outdoor games were not held.

Respectfully submitted,
Karen Oswald, Secretary

Sons of Norway - Polar Star Lodge



“Taste of Norway”

Høstfest – Fall Festival

Sunday, November 6, 2022

St. Olaf Lutheran Church – 1233 Douglas Ave.

Noon - 3:30 p.m.

Montgomery, IL

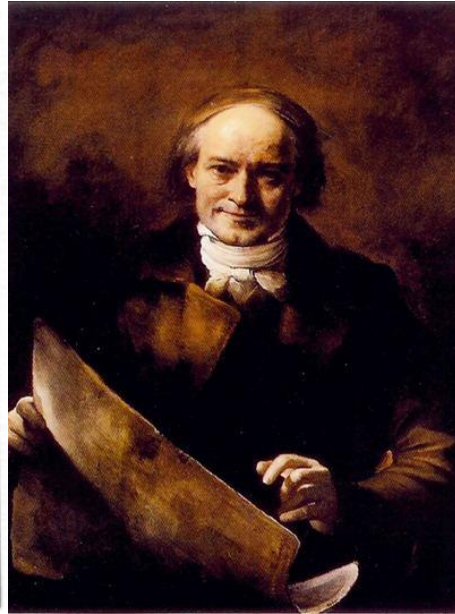
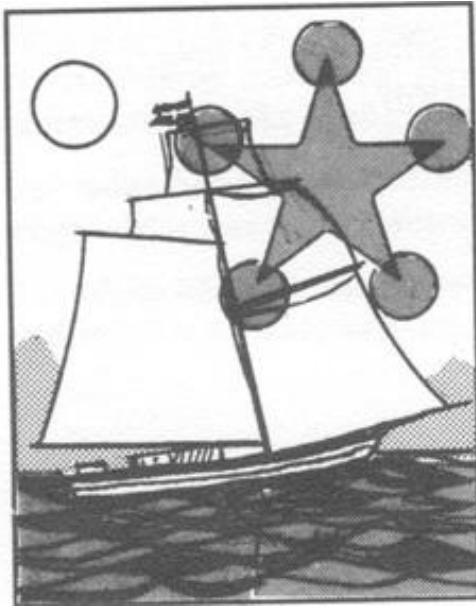
Taste Traditional Norwegian Food

Shop for Scandinavian gifts

Lefse and Krumkake demonstrations

Norwegian Craft demonstrations

Contact: Polar Star Cultural Director - Barb Johnson
email barbjohnsonb@aol.com or by phone: 630-553-7389



SAVE THE DATE....Cleng Peerson 50th Anniversary
October 23, 2022

**Knights of Columbus – 401 West Main Street
Ottawa, Illinois**

Social begins at Noon – Dinner at 1:00 p.m.

Speaker – Susan Meyer

\$40.00 per person