

Sons of Norway

Polar Star Lodge 5-472

Events held on the first Sunday of the month
Potluck at 1:30 p.m.

St. Olaf Lutheran Church – Douglas Road, Montgomery,



President Ken decorating the Juletre at the Museum of Science and Industry on November 9th.

Dear Polar Star

What an outstanding Polar Star Høstfest! Thanks to everyone who provided the delicious smørbrød and desserts!

Thanks also to Ingers språkkrigere who updated us on the on-going Mystery of Nils! Congratulations to all of our members who were featured in our 2021 Høstfest Culture Celebration! Please read page 2 for the changes that have been made to juletreffest as we enter the 2nd Holiday season year of Covid.

Tusen takk!
From your President
Ken Johnson



Brett Todd earns his first culture medals as a new member of Polar Star Lodge

Upcoming Polar Star Events

December 5

FAMILY JULETREFEST

Tree Trimming at 1:00 p.m.

Potluck at 1:30

See article on page 2

Polar Star Newsletter deadline
14th of every month

Please submit articles to Barb
Johnson at

barbjjohnsonb@aol.com

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Sons of Norway – Polar Star Lodge

POLAR STAR JULETREFEST

SUNDAY, DECEMBER 5, 2021

Småkaker (Cookie) Auction

Tree trimming at 1:00 p.m.

POTLUCK BEGINS AT 1:30



Plan to attend our Traditional Norwegian Christmas Celebration with your children and grandchildren. Bring your favorite Christmas dish to pass and your own table service.

Polar Star Cookie Baking 2021. **Julebaking** has become a fun tradition at Polar Star. This year due to on-going Covid concerns we will not have a traditional cooking baking contest. Instead of judging cookies we will auction off tins of cookies baked by our fabulous baking members. To enter the contest, place sju slags (7 different kinds) of your favorite Christmas cookies in a cellophane covered container. President Ken will auction off each tin to the highest bidder with the proceeds donated to the Sons of Norway Foundation.

There will **NOT** be a POLAR STAR ADULT GIFT EXCHANGE this year. Children will still receive their own gifts – so parents and/or grandparents please bring a wrapped gift with your child's name attached to the gift so that the Julenisse will know who to deliver it to. Tree trimming **will** begin at 1:00 p.m. followed by our potluck at 1:30 p.m. We also plan to gather around the juletre and listen to Norwegian Christmas music.

Editor's note: Please read the recommendations about participating in the Polar Star **Jólabókaflód** explained on page 7 of the newsletter. We are also requesting that everyone attending the Juletrefest be vaccinated and wear masks except when eating.

Polar Star Sports and Activities

by Jerri Lynn Baker



Congrats to Floyd Anderson for earning his first Silver Gangmerke and myself; Jerri Lynn Baker for earning my THIRD Silver Gangmerke. Yes, you can earn these sports medals over and over. The only requirement is that you earn each level, Bronze, Silver, Gold, Enamel and then the Idrettshelt in order, starting with the Bronze level each time.

Congrats to Kelly Welin who received her Enamel Gangmerke as well as the new Idrettshelt medal, having earned all previous levels of the Gangmerke and walking twice the distance of the required miles of the Enamel Gangmerke.

A huge congratulations to Karen Oswald who took up my challenge to complete an organized 5K race with her. It was a beautiful day for a race in the Danada Forest preserve located in Wheaton, IL. This challenge still stands for the rest of our members! A 5K is 3.1 miles and you can WALK, you are NOT required to run. If you are interested please let me know and I will give you a list of races and dates to choose from or you can submit your information to me with a picture if you do one on your own.

Sometime in the Spring I will be organizing a "Ruck" march. Each person will carry food in a backpack and we will walk or "Ruck" carrying the weight for 2 miles on a preset course. The food items at the conclusion of the Ruck will be donated to St. Olaf's food pantry. Prizes will be awarded for the male and female who carry the most weight. There will be no requirements for the amount or weight you carry. If you can carry 2lbs that's 2lbs for the food pantry. This is an activity that not only gets Polar Star members on the move, but a great way to help our neighbors. Watch for more information next year, find a backpack and decide what food you will carry and start training.

Thank you to Arthur Anderson for the photo of Floyd, myself and Kelly. I'm so glad we can all count on Arthur to document our Lodge in photos!

Lastly I have several medals to present to members. I am anxious for our lodge to celebrate your accomplishments, we miss you at our meetings, so please plan to join us soon and get your medals!

Tusen tak! Gratulerer for dine prestasjoner!

POLAR STAR CULTURE CORNER..

by Barb Johnson

Tid for julebakst!

(Time to start Christmas baking)

Norwegian Christmas Cookies are a big part of holiday festivities. Historically, butter was an expensive treat that was sold off the farm to pay the bills, but during the holidays, even the poorest rural families kept butter at home for a variety of festive holiday treats. As the custom goes, each family would make 7 types of cookies, known as the 7 cookies of Christmas (*syv slags julekaker*).

Here are the Polar Star Syv Slags julekaker 2021 OPPSKRIFTER (RECIPES)



God jul og lykkelig bakst!

Peeling Bell Cookies submitted by Karen Oswald
from the Norwegian recipe box of Nancy Andersen

2 cups flour	1 egg
1 ½ teaspoons baking powder	1 Tablespoon milk
6 tablespoons butter	1 teaspoon grated orange peel
1/3 cup shortening	1 teaspoon vanilla
¾ cup sugar	25 maraschino cherries halved and drained

Directions:

1. Combine flour and baking powder
2. In large bowl, beat butter and shortening until combined. Add sugar and beat until fluffy. Add egg, milk, orange peel, and vanilla and beat well.
3. Add flour mixture and beat until well mixed. Cover and chill 30 minutes until easy to handle.
4. Shape into two 8 inch rolls. Wrap each in plastic wrap and chill overnight.
5. Cut into ¼ inch slices. Place on ungreased cookie sheet.
6. For each slice: Place one cherry half on the bottom end. Fold in the sides of the slice, overlapping the top, and slightly covering the cherry at the bottom. Pinch in the sides slightly to resemble a bell shape.
7. Bake sheet at 350 degrees for 12 to 14 minutes. Remove to rack and cool.

Raspberry Almond Shortbread Thumbprints

Submitted by Jeanne Leifheit

Cookie:

2/3 cup sugar
1 cup softened butter
1/2 tsp. almond extract
2 cups flour
1/2 cup raspberry jam

Glaze:

1 cup powdered sugar
1 1/2 tsp. almond extract
2-3 tsp. water

Prep time: 45 minutes

Pre-heat oven to 350 degrees

In large bowl combine sugar, butter, and almond extract. Beat at medium speed until creamy. Reduce speed and blend in flour until well mixed. Roll the dough into little balls and press down in the center with your thumb and top with 1/4 tsp jam. Bake 14-18 minutes or until edges are lightly browned. Let stand one minute, remove from cookie sheet. In small bowl combine powdered sugar and 1 1/2 tsp almond extract. Gradually stir in enough water to make a thin glaze. Drizzle over cooled cookies. Store in an airtight container up to 1 week or freeze up to 3 months.

Editor's Note: I have made these cookies and used lingonberry jam. They are delicious!

Nøttekaker (Norwegian Nut Cookies) submitted by Carol Devito

1 cup butter	2 1/2 cups sifted all-purpose flour
1 1/2 cups sugar	1 Tbsp cocoa
1 egg yolk	1 egg white
1/2 tsp vanilla	1 cup finely chopped pecans

Directions:

1. Cream butter; add sugar and cream again. Beat in egg yolk and vanilla
2. Sift together flour and cocoa and add to first mixture. Mix well
3. Cut dough into 3 portions. Spread each portion on a greased cookie sheet or very shallow pan into a rectangle 10 x 12 inches. Use a rolling pin for spreading dough or pat out with hands (I put dough between two pieces of parchment paper and roll with a rolling pin).
4. Beat egg white and spread or brush on top of dough. Sprinkle with pecans
5. Bake in a 350 degree oven for 20-25 minutes. Cut into squares while still hot.

Oatmeal Cardamom Cookies submitted by Barb Johnson

from the Skogfjorden Language camp kitchen of Ole and Karen Olson

1 cups butter	1/2 tsp baking soda
1 cup packed brown sugar	2 tsp. ground cinnamon
1/2 cup white sugar	1 tsp salt
2 eggs	2 tsp cardamom
2 tsp vanilla	3 cups quick cooking oats
1 and 1/4 cup flour	1 cup chopped walnuts (optional)

Preheat oven to 324 degrees F. Cream butter and brown and white sugar until light and fluffy. Add the eggs, one at a time and then add the vanilla. Combine the flour, baking soda, salt, cinnamon and cardamom. Stir into the creamed mixture. Mix in oats and nuts until just blended. Drop by heaping teaspoon onto an ungreased cookie sheet (or parchment paper lined cookie sheet). Cookies should be a least 2 inched apart. Bake for 12-14 minutes. Cool on rack and Enjoy!

Norwegian Fork Cookies

Submitted by Karen Oswald

Cookie base

5 cups flour
1 and 2/3 cups sugar
cups butter slightly chilled or room temperature
1 egg

Topping

1/4 cup pearl sugar
2 Tablespoons melted butter

Directions:

1. Cream butter and sugar, add egg and then add flour. Mix to make a smooth dough.
2. Roll the dough into small balls, using 1 Tbsp. or less of dough per cookie. Place on a parchment-lined cookie sheet.
3. Press each dough ball once with a for, making a clear line pattern. Brush each cookie lightly with the melted butter.
4. Bake at 350 degrees F on center oven rack for 10-12 minutes.
5. Makes about 80 cookies. Vær så god!

Sandbakkels

Originally submitted by Eleanor Bates

Editor's note: This recipe requires special tins for baking.

1 cup shortening (softened butter)
1 cup sugar
1 egg beaten

1 tsp almond extract
2 1/2 cups all purpose flour

Cream butter and sugar together. Add egg and almond extract; mix well. Add flour to make a stiff dough. Measure one (1) Tablespoon for each tart. Place the dough in the center of the tin and with thumb, press dough evenly on the inside of the tin. Place tin cups on cookie sheet and bake at 375 degrees until golden brown. Cool before removing from tins. Remove with tongs by tapping tines. Clean tins with clean cloth and store them in the refrigerator- wrapped in waxed paper.

Molasses Cookies

submitted by Jeanne Leifheit

3/4 cup oil
1/4 cup molasses
1 cup sugar
1 egg
1 tsp baking soda

1/2 tsp cloves
1/2 tsp ginger
1/2 tsp cinnamon
1/2 tsp salt (can be omitted)
2 cups flour

Beat the first four ingredients together. Mix well. Add dry ingredients and mix well. Cover and refrigerate overnight or for at least six (6) hours. Form into balls and roll in sugar. Bake at 350 degrees for 10-12 minutes. Freezes well!

Editor's note: Jeanne brought these cookies to our Polar Star Johnson Mound nature walk and we all loved them!!!

Jólabókaflóð

by Barb Johnson

A Scandinavian Christmas Eve Tradition....

Jólabókaflóð means “Christmas Book Flood”. This tradition originated during World War II when imports from foreign countries were restricted, but paper was cheap. Iceland’s population was not large enough to support a year- round publishing industry, so book publishers flooded the market with new books in the final weeks of the year. So, in Iceland, books are exchanged on Christmas Eve and the rest of the evening is spent reading your new book while eating your favorite chocolate!

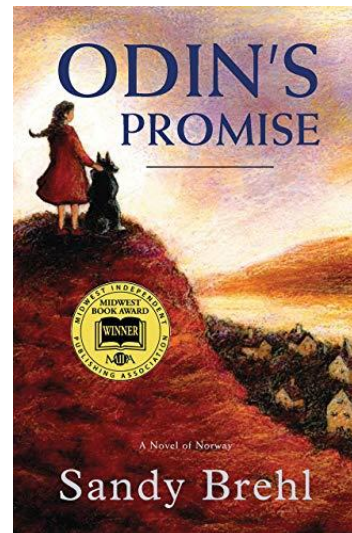
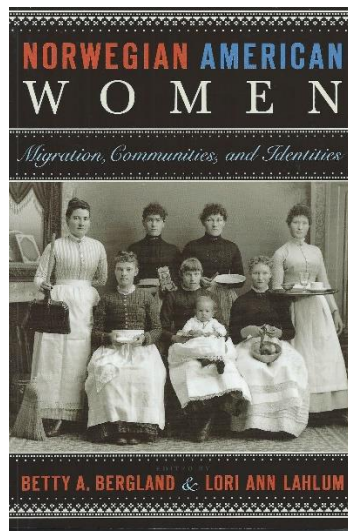
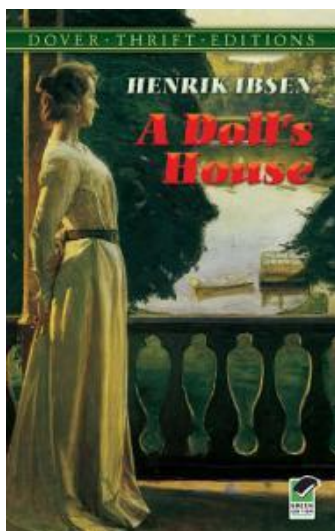
As most of you know, your Culture Director loves Norwegian literature and encourages all of you to participate in this tradition. **Bring your favorite book written by a Norwegian or Norwegian American author and a large chocolate bar to the December meeting and take home a new book for your Christmas pleasure.**

For more information on Jólabókaflóð:

<https://www.readitforward.com/essay/article/jolabokaflod-meet-favorite-new-holiday-tradition/>

Coming Soon in 2022.... The Polar Star Zoom Book “Plunge”

Polar Star “boklesere” (book readers) will share their Christmas Eve books as we plunge into winter reading. Date and time will be announced at the December 5th Juletrefest.



Ingers Språkkrigere Earn Part 1 Language Culture Medals!!!



Ingers Language Warriors

Left to Right: Connie Kross, Nancy Andersen, Judy Knutson, Barb Johnson & Arthur Andersen

Inger's Norwegian Language warriors have completed Book 1 of the *Mystery of Nils* and have earned part 1 of their Sons of Norway Language Culture Medals. The Språkkrigere will begin a new session of Norwegian Language lessons with Inger Langsholt and continue with the *Mystery of Nils* Book 2

Lessons continue at the Hinckley Public Library on Friday mornings from 10:00-12:00 in person or by zoom.



Ingers Språkkrigere providing the “nyheter” (news) in Norwegian to complete the requirements for Language medals.

The Flag Box
Curt Vevang

When General MacArthur retired he said "Old soldiers never die, they just fade away". This may be wonderful poetry but blatantly untrue. Old soldiers do die, and when they do the government gives the family an American Flag in recognition of the soldier's contribution and sacrifice to our country.

My two eldest brothers were serving in World War II before I was barely old enough to know them. They died many years later of natural causes and their families were each presented with a flag, neatly folded, exactly as American Flag Rules dictate.

As a younger brother there are few things that I could do to honor my "big" brothers that were as meaningful and lasting as making boxes to display their flags. Crafting these flag boxes was a woodworking project steeped in love.

I carefully created a design constrained by the triangular dimensions of the flag. A design not too plain, not too elaborate, masculine, yet not massive.

I hand selected cherry boards, jointed, planed and milled them to size. I mitered the corners to fit perfectly.

With each board that I sawed, every hole that I drilled, I realized that this was my final good bye to my two eldest brothers.

Every step of the way I reflected on how honored I was to be able to create a lasting memorial to them.

My hand shook as I inscribed my parting words on the bottom of each box.

Editor's Note: Kurt is a friend of Polar Star with Norwegian heritage. He has written several books of poetry and has shared his work at our Lodge. His November submission seems very relevant as we honor our Veteran this month.



POLAR STAR CALENDAR EVENTS

Desember 5 Polar Star Julefest - St. Olaf Lutheran Church – 1:00

2021 Polar Star Kitchen Committees

December 5: Polar Star Board Members

**Volunteers needed for 2022 Monthly Event Kitchen Committee
Contact Social Director Nany Andersen to sign up for your month of choice.**

Polar Star Calendar 2022

**Volunteers are needed for the 2022 Monthly Event Kitchen Committee
Contact Social Director, Nancy Andersen, to sign up for your month of choice.**

JANUAR 2 , 2021 – Norwegian American Women

February , - Polar Star Penny Social

GRATULERER MED DAGEN POLAR STAR!

NOVEMBER (15-30) BIRTHDAYS

- 17. Karen Lindebrekke**
- 18. Nancy Andersen**
- 18. Josie Gehler**



DESEMBER (1-15) BIRTHDAYS

- 3. Don Danielson**
- 8. Kelsey Danielson**
- 14. Vi Skogen**
- 14. Alfred Sundfor**
- 19. Carol Vigsnes**

Polar Star Culture Celebration 2021



Don't forget to fill out your Volunteer hours and turn it in at the Dec. 5th Juletreff

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 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)													
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 2019

Sons of Norway, Polar Star Lodge 5-472 Regular Meeting, November 7, 2021

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, following pot luck luncheon of delicious Norwegian foods provided by our members.

Treasurer's Report: Treasurer Carol DeVito – Reported Polar Star financials with an ending balance of \$21,071. It was moved, seconded, and approved to donate \$100 each to Ski for Light, Minnekirken, Friends of the Viking Ship, SON Foundation, Norsk Museum, Masse Morro, and St. Olaf Church. (copy attached).

Announcements:

- President Ken Johnson – The Norwegian Dancers are confirmed for 3/6/2022 at Cross Lutheran Church.
- Steve Tanda – The Norway Museum is located in a 175-year-old wooden church. One month ago, a bid to paint the church was accepted from a company that did prior work. The painting has been completed and the museum is now officially closed for the year.
- Nancy Andersen –
 - Lodge Kitchen Committee needs volunteers for 2022 monthly meetings.
 - A food committee is needed for VASA Park, Hostfest
 - Norge Ski Club – Opening a VIP Chalet limited to 100 people; \$100 per person for Buffet and Open Bar
- Connie Kross, Zone 5 Director – Sons of Norway is looking for a new Zone Director for Sports and Recreation. The Zone Director must have some insurance product through Sons of Norway and willing to attend a couple of meeting per year.

Medals/Pins/Awards:

- Jerry Lynn Baker – Sports and Recreation presented these awards:
 - Floyd Anderson – Silver Gangmerke
 - Jerri Lynn Baker – Silver Gangmerke
 - Kelly Welin – Enamel Gangmerke, Idrettshelt Medal, and St. Francis Cross for virtually walking the St. Francis Way
 - Karen Oswald – Completed a 5K Race – I am the Storm at Danada
- Frank Krawczyk – Literature Part 3 Medal. Read and recommended these books: "Viking – Norway to America", "In Their Own Words", and "The Promise of America".

Next Meeting: Our next meeting will be Sunday, December 5, celebrating our annual Juletreffest.

Presentation: Following the meeting adjournment:

- Barb Johnson, our lodge's Norwegian Culture Director, introduced displays of items made/read/etc. by Polar Star members who had completed one or more cultural medals in 2020 or 2021. She noted that looking toward 2022 and the future, it's not difficult for anyone to obtain a level one medals in Norwegian Literature and Baking. Signup sheets with examples were provided to express interest in Figure Carving, Rosemaling, Stamp Collecting, Knitting, Hardanger Embroidery, and Literature.
- A Norwegian language lesson was presented by our Norwegian Language Instructor, Inger Langsholt:
 - Class was held over several years in class and using Zoom. They learned the language through grammar, songs, reading, customs, weather, sports, and food.
 - Inger's Language Warriors are Art Andersen, Nancy Andersen, Barbara Johnson, Judy Knutson, and Connie Kross.
 - Graduation included an interactive presentation of reading and singing Bare Du (Only You) song.

Respectfully submitted,
Karen Oswald, Secretary

