

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 serving coffee at Vasa Park

Hilsen Polar Star Lodge!

What a beautiful day to celebrate our Norwegian heritage with friends to kick off our 200th anniversary celebration.

Scandinavian Days 2025 was another outstanding fund raiser for our Lodge. Your willingness to work hard as a unit is wonderful! Thanks again ladies of the lodge for all of your outstanding baked goods. We sold out again and that is always a good thing - no surprise because our baked goods are second to none. I feel proud to lead such an outstanding lodge. I know it's a short turn around – but we need all of you to step up and volunteer with your time and baked goods throughout the Heritage Weekend. Be sure and check out the details on page 2 of this newsletter

Your President
Ken Johnson

UPCOMING EVENTS



OUR
HERITAGE WEEKEND
IS HERE!!!
October 3-5 2025
Celebrating Norwegian

Immigration

Norway Community Building,
Norway IL
details on page 2

Polar Star "Taste of Norway" Høst Fest November

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

Sons of Norway District 5 & Polar Star Lodge 5-472 OCTOBER 3-5 - 2025 HERITAGE WEEKEND

Our Heritage Weekend is just over two weeks away and there is still much to do. Here's what you can do to help.

- Set up the Community Building for the event on Tuesday, September 30th at 9:00 a.m. If you can not attend or you are physically unable please try to send an abled body friend, grandchild or neighbor in your place. We hope to finish all set up on Tuesday.
- Join our Norwegian Choir. The next rehearsal is October 1st at 7:00 p.m. at the Stavanger Lutheran Church. The Stavanger Church will be hosting a fellowship coffee hour at 9:30 a.m. on October 5th before the 10:30 service.
- Bake cookies or quick breads for our Coffee Break Snack Table.
- Bring handmade textiles (knitting, crochet, cross-stitch, tatting, hardanger etc.) for our Textile Display Table.
- Create your own family tree on poster board so that we can display our lodge Norwegian heritage for visitors to see.
- Call or text Karen (630-204-9527)at to add your name to the volunteer list.

We look forward to seeing you in Norway, Illinois

October 3-5

At the [Norway Community Building](#) in beautiful Norway,
IL. ([3667 E. 2603rd Road, Sheridan IL](#))



Vafler making at Vasa Park 2025



**Polar Star Loppemarked
and
Bakeri**

**Gross Sales for
Vasa Park 2023**

\$2,486.00

Well done Polar Star!!!

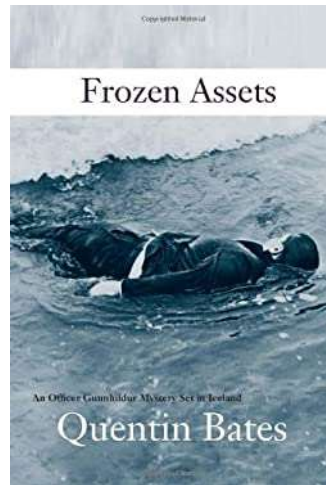
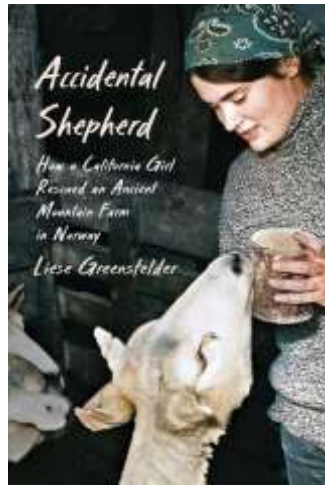
Polar Star Culture Corner

by

Barb Johnson

Sons of Norway Book Club

October Book Selections



Main Read: *Accidental Shepherd* by Liese Greenfelder

Mystery Read: *Frozen Assets* by Quentin Bates

A Sergeant Gunnhildur Novel

**Book Club Zoom Meeting - Note the Change of time
and now two different days to “Zoom in”**

Thursday, September 25, 2025 - 7:00 - 8:30 p.m. Central Time

Or

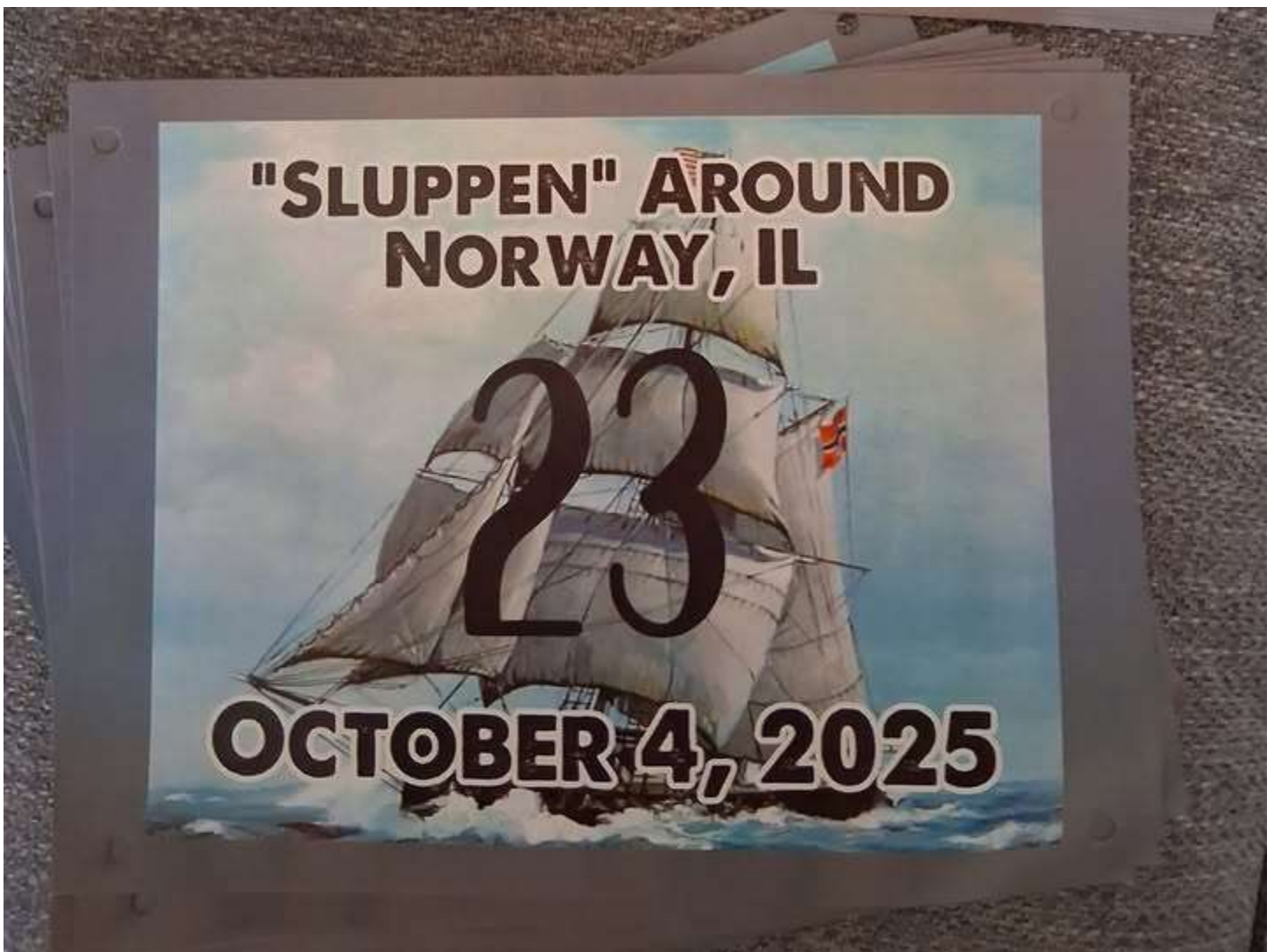
Saturday, October 4, 2025 at 1:00 p.m Central Time

**To join the Sons of Norway Book Club or put your name on our email list,
please send yourname, lodge name and District/Lodge number**

SonsofNorwayBookClub@gmail.com

Polar Star Sports and Activities

by Jerri Lynn Baker



Vasa Park- Scandinavian Day 2025







GRATULERER MED DAGEN POLAR STAR



16 - 31 SEPTEMBER

September 21 – Richard Vigsnes
 September 22- Brooke Johnson
 September 28 – Leif Johnson

OCTOBER 1-1

October 7 – Matthew Jensen
 October 7 – Richard Jensen

POLAR STAR CALENDAR OF EVENTS

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

OCTOBER 3-5 District 5 Heritage Weekend

Celebrating Norwegian Immigration

Norway Illinois Community Building
Norway, Illinois

NOVEMBER 2, 202 - Høstfest begins at 11:30 a.m.

DECEMBER 7 - JULETFEST

Sons of Norway - Polar Star Lodge



“Taste of Norway”
Høstfest – Fall Festival
Sunday, November 2, 2025

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 barbjjohnsonb@aol.com or by phone: 630-553-7389

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 before/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 wash/clean up, kitchen duty)													
Lodge Meeting Programs/Activities (plan/prep/attend)													
Training/Seminars (plan/prep/attend)													
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 (document/manager/maintain)													
Norsk Museum Fundraisers breakfast/morgensbord/etc (prep/food/work)													
Sloopers													
Syttende Mai Parade/Banquet (prep/food/work)													
Norwegian National League (plan/prep/attend)													
Viking Ship (document/manager/maintain)													
MSI Christmas Tree													
Barnetirker/Norge Ski													
SOFN Book Club													
Tubtrim													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
TOTAL COMMUNITY HOURS:													

Revised 2024

