

Polar Star 5-472 Culture Medal Programming

When Esther Charlton introduced the District 5 Culture Medal Contest, Polar Star Lodge implemented a plan to increase the number of medals earned by Lodge members. The plan has three key components:

- 1) We established a yearly Culture Goal that is introduced in the December newsletter and at the January monthly Lodge event.
- 2) Monthly Lodge programs are designed to support the Culture goal and meet the requirements for the Individual Elective throughout the calendar year.
- 3) Paperwork for the culture units are distributed and completed at the monthly events and sent to SON International as a group project (I have learned that paper work that goes home – rarely gets returned!).

The following units have been selected and completed as Polar Star Culture Goals.

Unit 1: Traditional Norwegian Food Parts 1, 2 and 3

To meet the food goals we meet 1 hour before the scheduled Lodge meetings to prepare foods that meet the medal requirements and we always display and eat the food at our Pot Luck. (Our lodge members loved making desserts!)

Unit 4: Rosemaling Parts 1 & 2

We scheduled two (2) all day workshops with lunch and snacks and invited a Lodge friend, Lynn Sove Maxson to conduct the Rosemaling workshop designed to meet the medal requirements.

Unit 2: Literature Parts 1,2, & 3

We have an on-going Book Club that reads books that meet the literature requirements. We schedule book discussions ½ hour before the beginning of our pot-luck luncheon at the Lodge monthly events (four books per year works out well)

Unit: Music

We organized our own Norwegian Choir that performs every fall at Høstfest. We invited local musicians to our meeting that performed music that met the music requirements. We also planned field trips to attend Traditional Norwegian music performances

Unit 3: Stamps

One of our members is a life-long stamp collector. He provided a January program that kicked off our yearly goal. Every meeting during the goal period we brought and swapped our stamps with each other.

Unit 5 : Genealogy and Family History

This was my favorite event. My granddaughter kicked off the January meeting with her family tree and challenged the rest of the lodge to do the same. We held a Family Tree Fair for a Lodge event and everyone displayed their family trees (that met part 1 requirements) on tri-fold display boards.

Unit 6: Knitting Part 1 and 2

We have a knitting club that meets two times per month. We support and teach new knitters and participate in the Little Hats for Big Hearts project for the congenital heart kids through the American Heart Association.

Unit 13: Folk Dancing

We scheduled a “Norwegian Barn Dance” with Cleng Peerson Lodge and asked the Chicago Norwegian Dancers to teach us dances that met Part 1 requirements. Everyone who attended (dancers included), completed the paperwork at the end of the event.

Traditional Norwegian Music



Fox Valley Norwegian Choir



Polar Star hosting the Bødo, Norway Choir

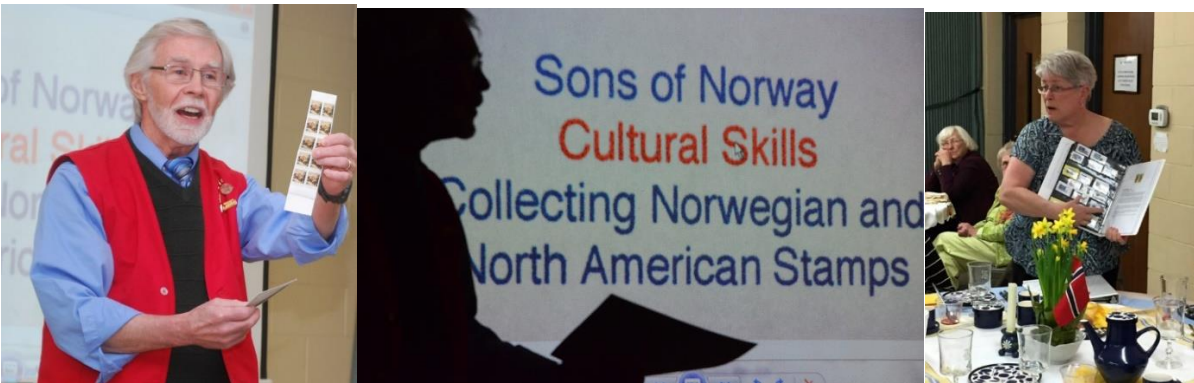


Field Trip to watch the Norway Salvation Army Band Performance in Rockford, IL

Polar Star Family Tree Fair



Polar Star Book Club and Knitting Club meetings



Polar Star stamp expert, Arthur Anderson established the Frimerke Club

Polar Star Food Teams



Cooking Teams completing requirements for desserts, and meats.

Norwegian “Barn” Dance

Polar Star learns Norwegian folk dances

with Cleng Peerson, Valhall and the Chicago Norwegian Dancers



Teaching folk dances to our kids at “How to Be a Viking” Summer Camp