

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

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President's Message



President Ken presents Polar Star with the "GOLD" Lodge Award

Hilsen Polar Star Lodge!

Thanks again for the wonderful job everyone did at Vasa Park!. We need to duplicate that effort at our Høstfest. It has become an event that everyone looks forward to and our attendance has increased every year...so begin baking! Our Lodge has some of the best cooks around! Be sure to spread the word to friends and relatives. Let's have fun as we take pride in our heritage!

Your President
Ken Johnson



Norway Museum members provided the October program on the Sloopers.

UPCOMING EVENTS

**Fox Valley
Norwegian Choir
Rehearsal continues...
Thursday night at 7:00**

**Polar Star
"Taste of Norway"
Høstfest
Sunday Nov. 6th
See article on page 3

**Polar Star
Julefest
Sunday Dec. 4th**

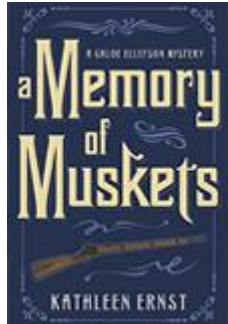
See article on page 7

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

**Norway Museum Website
www.norskmuseum.org.**

Polar Star Book Club

Kathleen Ernst's latest book has just been released!



This is the seventh story in the award-winning Chloe Ellefson series, and the thirty-fourth book by bestselling author Kathleen Ernst.

This book takes place in July 1983 at Old World Wisconsin and at Milwaukee's German Fest, with an historical plotline in the 1860s set on the Atlantic Ocean, and at Palmyra and Watertown, Wisconsin.

Curator Chloe Ellefson is happily planning to spotlight German immigrants and home-front challenges at Old World Wisconsin's first Civil War weekend. Her boss is secretly planning to fire her. He scorns her ideas, ordering the staff to stage a mock battle.

In advance of the event an unknown Civil War reenactor is found dead at one of the historic site's German farms. Chloe's boyfriend, Village of Eagle police officer Roelke McKenna, suspects murder.

The more Roelke learns about reenacting, the more he fears a killer will join the ranks at Old World. Then Chloe uncovers a disturbing secret about his Civil War-era German ancestors.

Amazon link:

https://www.amazon.com/Memory-Muskets-Chloe-Ellefson-Mystery/dp/0738745154/ref=sr_1_1?ie=UTF8&qid=1476368986&sr=8-1&keywords=Kathleen+Ernst



Jerrilyn is presented with the top Culture Award from the District 5 Convention



Ed H. earns a Sons of Norway Recruitment Award presented by Polar Star V.P. Frank K!



“Taste of Norway”
Høstfest – Fall Festival
Sunday, November 6, 2016
St. Olaf Lutheran Church – 1233 Douglas Ave.

HØSTFEST WORKERS NEEDED

Please sign up to help with our Høstfest November 1st. We are really in need of workers again this year since many of us will be singing in the choir right before we open at noon and again at 1:00p.m. Here’s what we need:

Work Crew

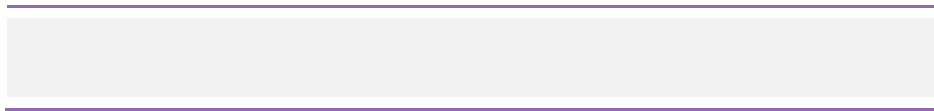
- Saturday night (November 5th) set up help
- Sunday workers (Nov. 6th)
 - Set up – 11:00
 - Kitchen Help any time between 11:00 - 3:00 p.m.
 - Food Servers from noon to 3:00 p.m.
 - Craft Table from noon to 3:00 p.m.
 - Krumkake and/or vaffler demonstrators
 - Clean up at 4:00 until we are done.

Food: We would like each member who is able to bring at least two dozen open-faced sandwiches(smørbrør), plus some Norwegian dessert(s). Here is a list of the dessert items that has been well received in the past:

- | | |
|-----------------------|-------------------------------|
| Fruit Soup | Bløtkake or other cream cakes |
| Lefse (homemade only) | Lingonberry Bars and Cake |
| Julekake | Almond Bars and Cake |
| Kringla | Ice Cream with Lingonberries |
| Eplekake | Krumkake |
| Kransekake | Kardamom rolls/cake/cookies |

Please contact Nancy Andersen (640-377-2956 or email her at nancyandarthur@comcast.net) and let her know when you will be working or what you will be bringing so we can avoid last minute phone calls.

Høstfest Schedule:
Fox Valley Norwegian Choir Performs for the 10:15 church service
11:30 Lunch is served and Market opens
1:00 Fox Valley Norwegian Choir Performance



TRY THESE TWO EASY CAKE RECIPES FOR HØSTFEST

“Connie’s Norske Kitchen”

Fyrstekake

(PRINCE’S CAKE)



Fyrstekake is also known as Royal Cake or Prince’s Cake. Though it calls for only a handful of ingredients, the results are decadent and somewhat regal in their simplicity. As a classic dessert, it makes sense that many variations exist. Some are spiced

with cardamom and other flavors, and some let the almond shine. This particular recipe has the soft, almost-toothsome texture of the filling with the crisp cookie-like crust. YUMM!

Ingredients

Cake:
250 g (8 ounces, 1 cup) unsalted butter
1 1/2 dl (2/3 cup) sugar
1 egg
1 egg yolk
6 dl (2 2/3 cups) flour

Filling:
3 1/2 dl (1 1/3 cups) ground almonds
3 dl (1 1/4 cups) confectioner’s sugar
2 egg whites
1/2 teaspoon rum extract
2 tablespoons water

Preheat the oven to 180 C (350 F).

In a food processor, combine butter, sugar, egg, egg yolk and flour until the dough forms a ball. Do not overwork. Press 2/3 of the dough into the bottom and up the sides of a 22 cm (9”) spring-form.

Combine ingredients for the filling and pour into the crust.

Roll out remaining dough to a thickness of 3 mm (1/8”). Cut into 12 mm (2 1/2”) strips. Lay the strips in a lattice pattern over the filling. Place a strip of dough around the edge of the cake.

Bake about 50 minutes.



Photo: Tine.no

Filled with berries and whipped cream, bløtkake is Norway’s cake for 17th of May celebrations.

Bløtkake Norwegian Cream Cake

Recipe adapted from “Scandinavian Feasts” by Beatrice Ojakangas

For cake

4 eggs at room temperature
1 cup sugar
1 cup all-purpose flour
1 tsp baking powder
1 tsp vanilla extract

For topping

2 cups strawberries
1/2 cup blueberries
1 cup heavy whipping cream
1 tsp vanilla extract
2 Tbsp powdered sugar
Optional: 1 Tbsp orange-flavored liquor

Preheat oven to 350°F. Butter and line two 9-inch cake pans with parchment paper. In a large bowl, beat the eggs with an electric mixer until frothy. Turn the speed to high and add the sugar gradually, beating until light yellow and the batter turns ribbony. In a separate bowl, mix the flour and baking powder. Add the dry ingredients to the egg mixture slowly, and stir until just blended. Add vanilla. Pour the batter into the prepared pans and bake for 20 – 25 minutes until golden and a toothpick comes out cleanly. Let cool in pans for 5 minutes, then remove and cool completely on a wire rack.

Meanwhile, hull and slice one cup of strawberries and toss with sugar (and orange-flavored liquor, if using) to let them macer-

ate. In a medium bowl, whip the cream with the vanilla and powdered sugar until thick and spreadable.

To assemble the cake, place the macerated strawberries on top of one cake and spread 1/3 of the whipped cream mixture. Place the other cake on top, and cover the entire cake with the remaining whipped cream. Decorate the top of the cake with remaining strawberries and blueberries, and small Norwegian flags, if you have them.

Baker’s Note: The cake tastes even better if prepared the day before to let the juices soak into the cake. If you choose this method, frost the cake with the remaining whipped cream just before serving.

Culture Corner...by Barb Johnson

Norwegians gather at Skogfjorden!

I have just returned from “Skogfjorden”, the Norwegian Language Camp held at the Concordia Language Villages on Turtle Lake outside Bemidji, MN. What a wonderful week in the North Woods with other “Professional Norwegians” who are as passionate about their heritage as I am. I have developed life-long relationships with the other campers who come from all over the country. This year an entire Sons of Norway language group from Montana attended the camp together for the first time. We begin our day with folk dancing and end our day with a movie. In between is spraktime (Language class), lectures on Norwegian culture/history, games, crafts and plenty of wonderful Norwegian food! I would highly recommend marking your calendars and arranging your schedules to attend this outstanding camp!

Spring Camp Dates: April 27-30 2017



Folk dancing at 7:00 a.m



Small group lesson time



Morning lectures



Baking...



Crafts...



and fun fun and fun!!!!

OCTOBER LODGE ACTIVITY



Thanks to Steve T. and the Johnsons for providing the very informative October program!

POLAR STAR 2016 CALENDAR OF EVENTS

PROGRAMS 1:30 p.m. (unless listed)

NOVEMBER 6TH - Høstfest
DECEMBER 4TH - JULETFEST

POLAR STAR JULETREFEST


SUNDAY, DECEMBER 4th , 2016

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 ADULT GIFT EXCHANGE.** Bring a wrapped gift (\$15.00-\$20.00 value) and participate in the new gift exchange organized by our very own Polar Star Julenisse. This is not a white elephant exchange – so be creative and bring a gift that you would be happy to receive. Children will 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. Singing around the tree and the gift exchange will begin after we finish eating.

Gratulerer Med Dagen (Happy Birthday) Polar Star!



OCTOBER

19. Donna Kristensen
27. Kathleen Hatteberg
30. Karen Oswald

NOVEMBER

4. Cole Johnson
9. Gelaine G. Gallucci



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Norwegian Entertainment



The Last King (Birkebeinerne)
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<http://www.filmsofnorway.com/>

