

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 preparing vafler for "Come for Coffee"

Hello Polar Star Lodge

Thanks to all of you who participated and attended our "Come for Coffee" April event! We all had so much fun earning our Part 2 Cooking Culture Medals as we prepared desserts for our potluck.

Syttendemai celebrations are coming ! Plan to join Polar Star as we attend the festivities in Park Ridge on May 20th and May 21st . Looking forward to seeing you all there!

Your President
Ken Johnson



Inger Langsholt, author of
Come for Coffee
presents at April event

More photos on page 9

Upcoming Events

POLAR STAR
Syttendemai

Fish Boil

Sunday, May 7, 2017
St. Olaf Lutheran Church
1:30 p.m. potluck
See article on page 2

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

POLAR STAR SYTTENDEMAI FISH BOIL

May 7, 2017

Potluck begins at 1:30 p.m.

Please bring your own table service
and a dish to pass.

POLAR STAR FIELD TRIP

STOUGHTON
THE NORWEGIAN AMERICAN GENEALOGICAL
CENTER
OLD WORLD WISCONSIN

JULY 20-22

PLEASE REGISTER NOW

Family Research Workshop on 7/21/17
see attached registration form on page 13

Call to reserve your Quality Inn Hotel room with
Polar Star rates at 608-877-9000



Karen O. completes requirements for
Unit : Stamps Part 2 and 3

Member News!

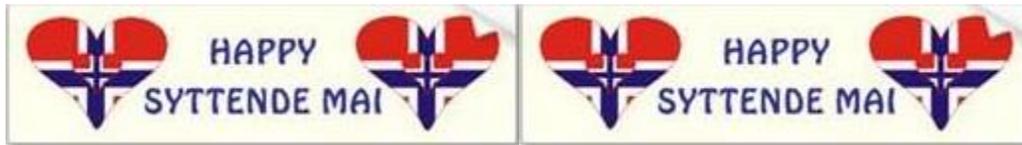


Jerri Lynn earns the gold
Gangemerke Sports Medal for
walking 315 miles



Polar Star bowlers participated in the
2017 District 5 Bowling Event held on
March 26th





Syttende Mai (May 17th) is the day Norway ratified its constitution in 1814 at Eidsvoll. They did not, however, become independent from Sweden until 1905 and until then *Syttende Mai* celebrations were frowned upon and even forbidden. Now, Norwegians celebrate their constitution with excited crowds, especially children, marching through the streets waving flags, singing songs, and celebrating their nation's independence. *Syttende Mai* is a great opportunity to celebrate freedom wherever it occurs

Where to Celebrate....

Park Ridge, Illinois

MAY 2017

May 12 (Fri) 2017 Norwegian Constitution Day NACC Luncheon

11:30 PM to 2:00 PM

Metropolitan Club, Willis Tower, Chicago, IL

Hosted by the Norwegian American Chamber of Commerce

www.naccchicago.org

May 17 (We) Norwegian Constitution Day Concert, Norwegian Memorial Lutheran Church, Chicago, IL, 7:30 PM, Free will offering, Refreshments following concert

May 20 (Sa) Norwegian Constitution Day Banquet, Park Ridge Country Club, Park Ridge, IL Social Hour 6:00 PM,

Dinner 7:00 PM, \$75.00 per person, Carol Hoidahl 847-358-1527

[<Click/Tap to learn more>](#)

May 20 (Sa) VISIT THE VIKING SHIP! Come visit the Viking in 2017! Exhibit will be open from 1:00-4:00 PM on the following dates: May 20, June 18, July 8, August 19, September 16, October 21, November TBD.

<http://www.vikingship.us/>

May 21 (Su) Norwegian National League Norwegian Constitution Day Parade, Hodges Park, Park Ridge, IL, Barbra Kronborg-Mogil 847-823-7596

[<Click/Tap to learn more>](#)

Stoughton, Wisconsin

May 19-21 Stoughton has a complete weekend of events planned – check their website for a complete schedule of events

<http://stoughtonwi.com/syttendemai/schedule.asp>

Culture Corner by Barb Johnson.

I love Easter when the latest Norwegian crime novels are released in Norway. The following article was found in the April 11th edition of The Vintage News and provides an explanation for this truly Norwegian phenomenon!

Påskekrim...The Norwegian tradition of reading crime stories and detective novels during Easter

The Scandinavians sure know how to celebrate the arrival of spring and Easter after a long and harsh winter. Although Scandinavian countries are alike, their cultures and traditions seem to be unique, and every country in Scandinavia has its specific Easter traditions.

Eggs and bunnies are just as popular in Scandinavia as they are in the United States, but a touch of Viking paganism also colors the Scandinavian Easter traditions.

There are many Easter traditions that can't be found anywhere else in the world and among them is one quite peculiar tradition in Norway.

This special tradition focuses on reading crime stories and detective novels during the holiday. There isn't any sound theory which would prove the etymology of this Norwegian Easter custom. However, it is believed that it goes back to 1923 when the Norwegian poet, Nordahl Grieg, and the writer Nils Lie wrote a book entitled *Bergen train looted in the night*.

They started writing the book in February 1923, and once it was finished, Nordahl and Nils came up with a perfect advertising plan. Their master solution was to advertise the book by printing the title on the front page of Norwegian daily, Aftenposten, during the Easter of 1923.

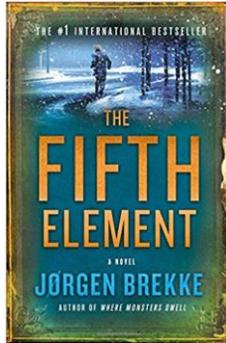
The title appeared on the front page of the national newspaper as headline news rather than a publicity stunt. People rushed out to buy the book and the railway-heist thriller *Bergen train looted in the night* became an instant success, and the tradition of påskekrim – translated as 'Easter Thrillers' began.

In 1924 more publishers focused on crime novels during Easter time and as years passed by, the Easter Thrillers became a vital part of the Easter traditions in Norway.

The sale of mysteries increases up to 50% in this period of the year in Norway, so many publishers move the dates of publication to spring. The TV stations, radio, and newspapers also want a piece of the pie known as påskekrim, so they run detective series around Easter. Additionally, little crime puzzles are printed on the side of some milk cartons.

Editor's picks for 2017....

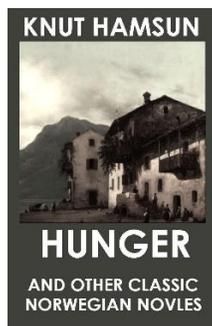
Crime



Police Inspector Odd Singsaker has been captured, imprisoned on an island off the Northern coast of Norway. He wakes to find himself holding a shotgun. Next to him is a corpse. But what events led him to this point? And how did he get here?

A few weeks earlier, Felicia, his wife, disappeared. Though he didn't know it, she was trying to find her way back to Odd to reconcile, but then she vanished into a snowstorm. Possibly involved is a corrupt, coldblooded cop from Oslo, a devious college student who's stolen a great deal of cocaine from drug dealers, and a hit man hired by the drug dealers who have been robbed. All of these lives intersect with Odd's as he searches for Felicia.

Classics



This collection includes four classical novels, written by a world-famous Norwegian author Knut Hamsun, who was awarded the Nobel Prize in Literature in 1920. The novels are:
DREAMERS, HUNGER, GROWTH OF THE SOIL AND PAN

Editor's note: PAN and Hunger were required reading for Norwegian Language Camp in 2015. I highly recommend reading them and will be eager to hear your reaction to Knut Hamsun

What do I do with my Culture Medals?

I have been asked several times about how to display the Sons of Norway Culture Medals. Since many of you will be receiving another set of Cooking medals, now is a good time to review. The medals are hung in the order they are received. The **striped bars** are attached to the **name of the unit**, the white stripe for completion of part 1 of the unit; white and red stripes for completion of parts 1 and 2; white, red and blue stripes for completion of all three parts of the unit. When all three parts of the unit are earned, **the three-striped bar** is hung from the **unit pin**. In the picture below the recipient has completed all three parts to seven units, knitting, reading, cooking, rosemaling, music, stamps, and genealogy. The three bar pin hangs below the seven unit pins that represents completion of all seven units. Folk dancing is hung below followed by the one bar pin indicating that one part of the Folk Dancing unit has been completed.

The **mentor** medal is earned when you assist ten members who earn a unit medal. The **master** pin is earned when a member earns all three parts to three units. In this case the two bars mean that all three parts of six units have been completed.



POLAR STAR CALENDAR OF EVENTS

MAY 7 - SYTTENDEMAI FISH BOIL

June 3rd: Norway Museum Open House and Breakfast

JULY 10,12, 14 "HOW TO BE A VIKING" CHILDRENS WORKSHOPS

JULY 20-22 Polar Star Field Trip

AUGUST 6 – The Lindebrekke Scandinavian Experience

SEPTEMBER 10 VASA PARK 9:00 a.m.

OCTOBER 1: TBA

NOVEMBER 5: Høstfest begins at 11:30 a.m.

DECEMBER 3: JULETRIFEST

2017 POLAR STAR KITCHEN COMMITTEE

MAY 7	Ed H. and Diana R. Don D.
OCTOBER 1	Jerri Lynn B Floyd and Sherry A.
DECEMBER 3	Polar Star Board Members

Continue To Save Your Canceled Postage Stamps for Tubfrim In 2016

Supported by Sons of Norway, Tubfrim is a Norwegian charitable organization originally started in 1928 to help fight tuberculosis. Since tuberculosis is no longer the threat it once was, today Tubfrim resells the cancelled stamps and donates the proceeds to help disabled and needy children.

Clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edges. Be sure to take the time to cut the stamps properly. Stamps can't be used if they are torn, have extra layers of envelope behind them, or are on a string of multiple stamps (such as 3 stamps in a row without the spacing). Non-profit and bulk stamps also can't be used.

Stamps from any country and all styles of stamps are accepted. For envelopes or postcards over 40-50 years old, submit the entire envelope or postcard. Bring stamps to a regular meeting; there will be a Tubfrim container on the hallway table, next to the meeting sign-in book. The Polar Star Tubfrim designate prepares and periodically sends the stamps to the Sons of Norway Tubfrim chairperson.



Gratulerer Med Dagen (Happy Birthday) Polar Star Members!

APRIL

19 Phoebe Bergh
23 Jerri Lynn Baker
29 Michael Farinelli
30 Diana Raimond

MAI

7 Ken Nordan
13 Brownwyn Minor
13. Robert Egness
13. Phyllis Benson (Barb's Mom)



GRATULERER MED DAGEN MAMMA 96 ÅR
Hip Hip Hurrah!

COME FOR COFFEE

Traditional Norwegian Desserts

Elective Report

If you participated in the baking event, please write your overall reaction to the activity and return it to Barb Johnson, to include in the Lodge Medal Reports.



Come for Coffee

Recipes used to complete Part 2: Baked Goods and Desserts Culture Medal



BLØTKAKE Norwegian Cream Cake

Category: Fancy Cake

Source: Norwegian American Weekly

For Cake

- 4 3ggs
- 1 cup sugar
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp vanilla extract

For Topping

- 2 cups strawberries
- ½ cup blueberries
- 1 cup heavy whipping cream
- 1 tsp vanilla extract
- 2 Tbsp. powdered sugar
- 1 T. Orange juice (or orange flavored liquor)

Preheat oven to 350 degrees F. Butter and line two 9-inch 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 macerate. 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 covered 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.



ANNA'S SERINAKAKER Makes 9-10 dozen. 350*

Category: Cookie

Source: Nancy Andersen (Art's mother, Anna's recipe)

3 1/4 C. unsifted flour

1 1/2 tsp. baking powder

3/4 lb. (3 sticks) butter, softened

1 C. sugar

1 tsp. vanilla

1 egg + 1 egg yolk, slightly beaten

1 egg white, slightly beaten

pearl sugar (or granulated white sugar or turbinado sugar)

Blend flour and baking powder, and set aside. Cream butter and sugar. Mix in slightly beaten egg and egg yolk, and vanilla. Blend in dry ingredients. Form dough into small balls (3/4" or slightly larger), and place on ungreased baking sheet. Dip finger into egg white in a small bowl or shallow cup, and press a dent into the top of each ball. Sprinkle tops of cookie balls (where egg white is) with coarse pearl sugar, or other sugar. Bake at 350 degrees until they begin to color at the edges. (Don't let them get really brown.) Store tightly covered in a cool place. NOTE: Pearl sugar is available in Scandinavian shops, and some supermarket foreign food sections (like Meijer)



POLAR STAR VAFLER

Category: Bread

Source: Barb Johnson

1 cup sifted flour

2 T. Sugar

1 tsp baking soda

1 tsp salt

2 eggs separated

1/4 cup melted butter

1 cup sour cream

1 cup buttermilk

Sift dry ingredients. Beat egg yol until thick and lemon colored. Gradually beat in the melted butter, sour cream and buttermilk. Add egg yolk mixture to dry ingredients all at once and mix until smooth. Beat egg whites until stiff and fold carefully in the batter. Pour into a pre-heated iron. Cut out the hearts or serve whole with raspberry preserves.



TILSLØRTE BONDEPIKER (Veiled Peasant Girls) serves 4

Category: Dessert

Source: Nancy Andersen and Arctic Grub

- 3 apples, peeled, cored and diced
- 7 Tbsp sugar
- ¼ cup apple cider (fresh if possible)
- 3 tbsps butter
- 1 cup breadcrumbs (preferably homemade from stale bread, put through the food processor)

- 2 tsp cinnamon
- pinch of cardamom
- 1 ½ cups heavy cream
- ½ cup chopped hazelnuts, toasted

In a small saucepan, add the diced apples with 5 tbsps of the sugar and apple cider. Bring to a boil and cook until the apples soften and break down. Set aside and cool down. Melt the butter on low heat along with the remainder 2 tbsps of the sugar, cinnamon and cardamom in a small saute pan, and add the breadcrumbs, saute until fragrant and toasted to a golden brown color. Whip the heavy cream (add 1 tbsps of vanilla extract, a pinch of cardamom and 2 tbsps confectioner's sugar for added sweetness/flavor if you'd like". Layer the applesauce, bread crumbs and heavy cream in individual glasses or in a glass serving bowl, top with the chopped hazelnuts and serve.



SØTSUPPE or Sweet Soup - makes 8-10 servings.

Category: Dessert

Source: Notably Norwegian by Louise Roalson recipe submitted by Gretchen Hansen Quie

- 1 cup pitted prunes
- 1 cup raisins
- 1 cup chopped peeled apple
- 1 Tbsp. finely chopped orange peel
- 4 cups water (better with cran-grape juice)
- ½ cup sugar (or more)

- 1 stick cinnamon
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- 2 Tbsp. quick-cooking tapioca
- 1- 10 oz. pkg. frozen raspberries.

Combine all ingredients except tapioca and raspberries in a large saucepan. Simmer for 1 hour. Sprinkle tapioca over soup and stir to avoid lumping. Cook 15 minutes more. Cool a few minutes. Add frozen raspberries and stir occasionally until they are thawed. Serve hot, or chill and serve with whipped cream.

PLEASE CONTACT BARB TO REGISTER FOR THIS WORKSHOP

630-553-7389 or at barbjohnsonb@aol.com

Polar Star Lodge - Sons of Norway Norwegian American Genealogical Center & Naeseth Library

Family History Research Workshop

Friday, July 21, 2017

8:30 AM - 5:00 PM

8:30	Registration and coffee
9:00	Introductions and welcome
	Session on naming patterns, farm names, and language
10:00	Tour of downstairs; discuss NAGC services and fee structures
11:00	Coffee and break
11:15	Overview of reading church records, government units
12:30	Lunch
1:00	Reading church records
2:30	"Putting it all together" using Sons of Norway cultural skill award criteria
3:15	Coffee and break
3:30	Wrap up session to include questions and answers, survey, input for future Sons of Norway sessions
5:00	End of Workshop

Please bring your genealogical research with you for the class and have in mind some goals, as time will be provided for research. I try to stick with the program but sometimes the class presents questions and concerns, so I am flexible! Included please find a form that we use here at the Center to help you organize who/what you are searching for and where.

Lunch will be provided. Participants will choose their selection during the 8:30 registration. Coffee will be available throughout the day. Parking is available either alongside or behind the building.

This workshop will cost each participant \$150.00 (\$100.00 if you are a member.... Membership is \$40.00) **which includes coffee, snacks and beverages throughout the day, lunch, and a copy of "A Research Guide for Norwegian Genealogy"**. **Please contact Barb Johnson to register for this workshop.**

Those who do not attend will be free to shop in Madison or hang out in Stoughton for the day.

