

# 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 and Steve have their hands full making Medisterkaker**  
**Hello Polar Star Lodge**

Thanks to all of you who participated and attended our March "How To Be a Viking" event. We had such a great time preparing the meat dishes for our Viking Feast. Congratulations to Richard and Carol for earning their first Sons of Norway Culture Medals. Thanks to Steve and Sue for hosting and creating the "Viking" look! We look forward to the April meeting when we have the opportunity to meet a local poet who will share his poetic and woodworking talents. Barb says we will also be cooking again before the meeting!  
See you all there! God Påske alle sammen! (Happy Easter Everyone!)

Your President  
Ken Johnson



Steve T. discusses the Viking influences in Ireland at the March Event.

\*\*\*\*\*

### Upcoming Events

## POLAR STAR APRIL EVENT

### "The Nature of Things"

Sunday, April 8, 2018

St. Olaf Lutheran Church

1:30 p.m. potluck

See article on page 2

**Polar Star Newsletter Deadline**  
**Will be the 14<sup>th</sup> of every month.**  
**Please submit all articles to Barb**

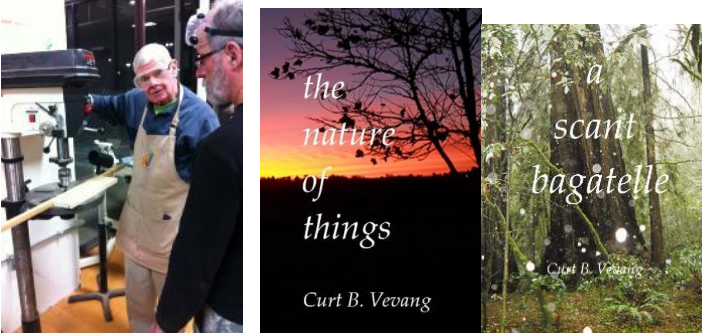
**Johnson at**

[barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com)

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**Sons of Norway – Polar Star Lodge**

# POLAR STAR EVENT APRIL 8, 2018 "THE NATURE OF THINGS" Curt B. Vavang



Polar Star is delighted to have a local poet, children's author and a talented woodworker as our guest speaker for our April event.

Curt Vavang is a Chicago native (with Norwegian Heritage) and a product of the Chicago Public Schools and the University of Illinois. He has published two full length poetry books, *a scant bagatelle*, and *the nature of things*. He has also published two rhyming children's books, *The Prince and The Elf*, and *The Prince, and the Elf Too*.

Curt has enjoyed woodworking as a hobby since he was a teenager. He is the Past President of the DuPage Woodworkers Club and teaches wood working classes at the Woodcraft stores.

Curt will be sharing his life journey through his poetry and his love for woodworking.

Our Part 3 Cooking Medal Teams will meet at noon to prepare our fourth Traditional Norwegian meat dish... Norwegian Fårikål (lamb and cabbage) for our Pot Luck beginning at 1:30 p.m.

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

Culture Director and Editor's note: Poetry is one of the genre that meets the requirements for Part I of the Norwegian Literature Culture Medal

## Meet our newest members!



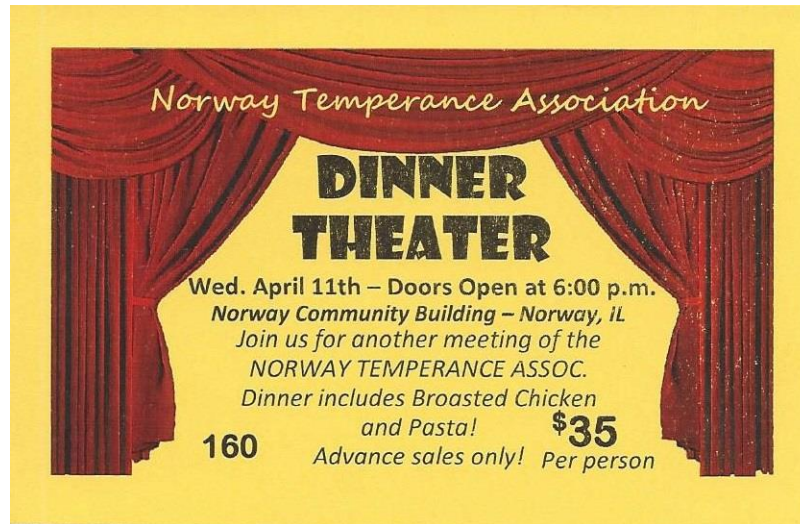
Carol and Richard Vigsnes earn their first Culture Medals as Polar Star members by completing Part 1 of Fold Dancing



The Polar Star pilgrims continue to make their way to Santiago de Compostela.

Jeri Lynn, the Polar Star Sports Director stamps credentials for participating "pilgrims".

**TICKETS ARE NOW ON SALE.....**



**You will not want to miss the 2<sup>nd</sup> Norway Temperance Association Dinner Theater. All proceeds go to support the Norsk Museum. See Kenny or Steve for tickets.**

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**LAST CALL.....**

**\*\*\*\*\* Polar Star Syttende Mai Field Trip\*\*\*\*\***

Ten (10) rooms have been reserved at \$123.49+ tax per night at the  
Quality Inn in Stoughton

Reservations must be made before April 6, 2018.

**Please complete and return to Barb so group plans can be completed.**

Name(s): \_\_\_\_\_

\_\_\_\_\_ YES I (we) am interested in participating in the Polar Star field trip

\_\_\_\_\_ YES I (we) will be staying with the Polar Star group?

**For a complete schedule of events.....**

**<http://www.stoughtonwi.com/schedule>**

# Polar Star 5-472 2018 PROGRAMS

1:30 p.m. St. Olaf Lutheran Church – Montgomery, Il (unless listed)

<b>APRIL 8</b>	<b>“The Nature of Things” Curt B. Vevang</b>
<b>MAY 6</b>	<b>POLAR STAR MEMORIAL SERVICE</b>
<b>MAY 18 &amp; 19</b>	<b>POLAR STAR STOUGHTON SYTTENDEMAI FIELD TRIP</b>
<b>JUNE 2nd</b>	<b>NORWAY MUSEUM OPEN HOUSE AND BREAKFAST</b>
<b>JUNE 27-JULY 1</b>	<b>District 5 Convention – LaCrosse, Wi</b>
<b>JULY 16, 18 &amp; 20</b>	<b>How to Be A v</b>
<b>AUGUST 5</b>	<b>Program TBA</b>
<b>AUGUST 15-18</b>	<b>International Convention – Bloomington, MN</b>
<b>SEPTEMBER 9</b>	<b>VASA PARK 9:00 a.m.</b>
<b>OCTOBER 7</b>	<b>PROGRAM TBA</b>
<b>NOVEMBER 4</b>	<b>HØSTFEST begins at 11:30 a.m.</b>
<b>DECEMBER 2</b>	<b>JULETREFEST</b>

## 2018 POLAR STAR KITCHEN COMMITTEE

<b>April 8</b>	<b>Betsy Olson Doris Pittman</b>
<b>May 6</b>	<b>Carol and Frank</b>
<b>Aug. 5</b>	<b>NEEDED</b>
<b>Oct. 7</b>	<b>Jerri Lynn B. Al and Phoebe</b>
<b>Nov. 4</b>	<b>All Members - Høstfest</b>
<b>Dec. 2</b>	<b>Polar Star Officers</b>



## Continue To Save Your Canceled Postage Stamps for Tubfrim In 2018

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!

### MARCH 16-31

19 Art Andersen  
19 Joni Koehler  
21 Ronn Vann  
22 Carol Devito  
23 Stephan Tanda  
24 Isabel Austin Stephan Solberg  
25 Stephan Solberg  
25 Robert Chiron  
25 Hyun Shim  
30 Richard Johansen

### APRIL 1-15

2 Steven Saweikis  
14 Julianne Peterson  
10 Nicolette Miner



“Hurrah for deg som fyller ditt år”

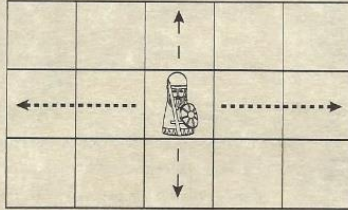
# Polar Star Culture Corner

## By Barb Johnson

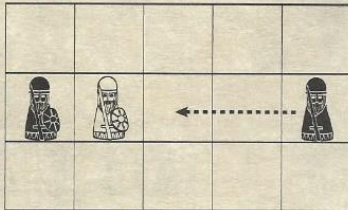
### HNEFETAFL – The “Kings Table”

Summary of the rules from Norse America, LLC [www.norseamerica.com](http://www.norseamerica.com)

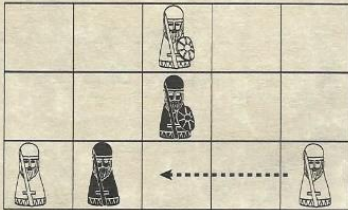
All pieces, including the king, move the Rooks move as in chess. That means a piece can move any number of squares in any linear direction.



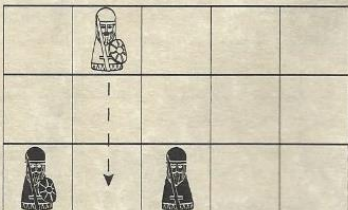
The pieces are captured when the enemy positions a piece on two opposing sides. The stationary black piece on the left acts like an anvil, while the black piece in motion on the right acts like a hammer.



It is possible to capture two pieces in a single move.

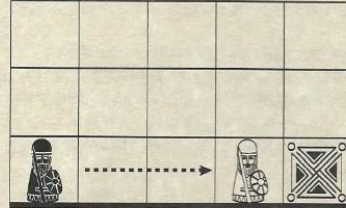


A playing piece can move of its own volition into to a space between two enemy hunns and not be captured.

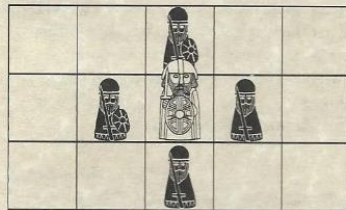


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A hunn piece is also captured if he has an enemy piece on one side, and one of the four corner castles on the other.



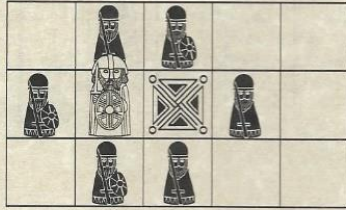
The king is captured if he is surrounded on all four sides by the black hunns



He is also captured if surrounded on three sides, and has the border of the game board on the fourth side.



Since only the king can occupy the center throne square, it is possible to capture him by surrounding him on all sides allowing him to move only between the throne and a free square next to it in a trapped stalemate manner.



- nine -

Thanks ro everyone for taking part in the introduction of Hnefetafl a viking era game that preceded chess.

Coming soon to a Lodge near you...Viking Games



## Part 3 Cooking Teams





# HOW TO BE A VIKING 2018





## **Fifth District Sons of Norway 2018 Convention**

**June 27-30, 2018**

**LaCrosse, WI Radisson Hotel**

### **Embrace Your Heritage Culture Classes**

Wergeland Lodge has added diversity to our classes/workshops for our District 5 2018 convention. We are hoping for attendees to be able to find something that interests them and also to have a Norwegian cultural learning situation. Taking a class will also help prepare SON members who want to attain a pin for Cultural Skills from SON International. These classes, especially the Norwegian knitting, hardanger and genealogy workshops are a good beginning in attaining a Cultural Skills pin. The Sami bracelet or wire weaving has become very popular and makes a nice gift for anyone, especially when it is made just for them.

We are attempting to keep down costs and yet we have skilled artisans teaching the classes. Two of these people are Wergeland members who are donating their times so the cost basically is just for materials and room rentals.

We hope to make this a great cultural heritage opportunity as well as a social sharing of stories and skills.

The registration page follows with class descriptions after that. Note that classes meet only on Thursday, June 28th and Friday June 29<sup>th</sup>.

See you in June 2018!

Cultural Chairs: Carol Stekel and Frieda Nowland



**Editor's Note: I have had the opportunity to take culture classes at the last three District Conventions. I would highly recommend attending as a non-delegate and taking a class!**

**5<sup>th</sup> District Sons of Norway Convention 2018**

**June 27, 28, 29, 30th**

**Radisson Hotel, La Crosse Wisconsin**

**Cultural Skills Classes Registration Form**

**Name:**\_\_\_\_\_

**Address:**\_\_\_\_\_

**City/State:**\_\_\_\_\_ **Zip:**\_\_\_\_\_

**Phone Number: (Home)**\_\_\_\_\_ **(Cell)**\_\_\_\_\_

**Email Address:**\_\_\_\_\_

**I will be attending the following Cultural Skills Classes:**

**Make Check Payable to: Wergeland Lodge Convention 2018**

**Sami Bracelet(Wire Weaving) Thursday** ( ) \$35.00

**Hardanger (Beginner-Intermediate) Thursday and Friday** ( ) \$15.00

**Knitting(Two Color Strand Headband) Thursday and Friday** ( ) \$30.00

**Genealogy(Norwegian Naming and Research Resources) Friday** ( ) \$25.00

**Total Amount Submitted with this Registration Form** \$\_\_\_\_\_

**REGISTRATION FORM AND CLASS FEE(\$ ) DUE BY May 1, 2018**

**Submit Check and Registration Form to: Wergeland Lodge Convention 2018**

**Mail to:** Carol Stekel, Cultural Committee Chair  
1809 Buol Drive  
Bangor WI 54614

**If questions- Phone 608 486 2175 or Email: [jmstekel@aol.com](mailto:jmstekel@aol.com)**



## Hardanger Class. 8:30 am, Thursday. Friday, June 28 & 29

**Ruth Ann Holm** will be the instructor. Ruth Ann is a member of Wergeland Lodge, a retired teacher and accomplished hardanger needleworker. She enjoys all needlework but “hardanger is my passion.” She is a member of the Coulee Country Embroiderers Guild of America, and has taught classes in that group as well as to school students in the summer. Some have gone to the fairs and received awards on their class projects. Ruth Ann has won “Peoples Choice ribbons” 13 times and a Mrs Oktoberfest choice ribbon at the Oktoberfest Needlework Shows in La Crosse.

The Hardanger Class will feature two projects- one for beginners, and one for experienced hardanger stitchers.

Beginners will learn the basic kloster blocks, cutting and weaving threads, and doves eyes. The heart-shaped project can be made into a coaster, small pillow, or wall or window hanging. The projects can be inserted in a card for special birthdays or other occasions.

Experienced stitchers will make a project including the above, plus blanket stitch edging, tulip motif, eyelets, and a Greek star filler. All the materials are included....hardanger fabric, needle and pearl cotton. There will be time for questions and individual help. We will be using 22 count even-weave hardanger fabric (22 threads to the inch ) so bring your magnifier or glasses if needed.

If you want to come to stitch on your own project in progress, you are welcome to join the group.

Cost: \$10.00. Class will run on Thursday and Friday, 8:30 to 12, Minnesota B, 2nd Floor of Radisson. We will have breaks for coffee and treats!

Beginner Project is on top. Experienced Project on bottom.



## Sami Bracelet (Wire Weaving) 8 am, Thursday, June 28

Katie Martin loves all things traditional. Growing up in Alpena, WV, she has always been interested in learning about traditional craftsmanship and the history behind it. After meeting her husband and moving to his hometown, she took a Sami inspired bracelet class at The Vesterheim Museum in Decorah IA and she was hooked. Since then, she has been taking her skills and applying them to new and different mediums. She began with custom orders and now her work is available at Vesterheim Museum in Decorah.

Katie lives in Decorah, IA with her husband Ryan, and two dogs, Havik and Freyja.

This will make a wonderful gift or make one for yourself.

Time: 4 hour class

Materials: \$35.00 Includes the bracelet silver, sinew, leather, button, clear thread, cord, needles, box cutters, rulers and glue.

**Students need to bring scissors and thimbles (leather thimble works well), extra lighting if needed.**

Cost: \$35.00 Thursday, 8:00 till 12 Illinois Room, 2nd Floor Radisson





# Intermediate Knitting with 2-Color Stranding for Headband

**8:30 am, Thursday, Friday, June 28 & 29**

**Mimi Saterbak** is owner of the Fitting Knit Shop in downtown La Crosse. Mimi is a retired elementary teacher. Her mother owned the shop originally and Mimi began working there part time in the 70s and full time in the 80s. She gives instructions to students who purchase their yarn and patterns in the shop. With many years of knitting experience, she can answer any knitting questions you may have.

Knitters in this class should already **know how to cast-on and cast off**. **Class size is limited to 6-8 people**

The project will entail a headband where one will learn to knit in two or more colors. It makes a nice gift for oneself or for a favorite child, boys or girls. All materials will be included such as yarn and pattern. Participants will be able to indicate on the registration form if they wish to also purchase knitting needles. (otherwise bring your 16 inch circular needles size 3 or 4 --- cost \$20.00)

Norwegian knitting goes back many years. Stranded knitting was said to start in the 19th century, probably in Selbu, east of Trondheim. Women would often knit during the long winters and even take their knitting up to the seters while watching their goats, sheep or cattle.

Thurs, June 28th, 8:30 - 12      Minnesota A, 2nd Floor of Radisson

Friday, June 29th, 8:30 - 12      Minnesota A, 2nd Floor of Radisson

Costs: \$30.00 includes yarn and pattern    Needles: size 2 or 3    Bring your own or indicate if you want to purchase some for the class.



## **Genealogy - 2 Sessions (approximately 1 1/2 hr each)**

**Hannah Scholze** has been doing genealogy research for over 15 years with a particular focus on immigration research. Her passion for genealogy started at a young age by helping her grandmother read Norwegian church records. She graduated from Wartburg College in 2008 where she majored in History, American History Education, and World History Education. Hannah is a member of Wergeland Lodge, President of the Holmen Area Historical Society, and works as the Museum Services Associate at the Monroe County Local History Room in Sparta WI where she has taught a number of genealogy classes on various topics. Bring your questions as there should be time after each session for questions. Hannah will have hand-outs for each registrant.

### **Session 1: 9:00 A.m. -10:15 "Norwegian Naming 101: Understanding How Ole Got His Name and Why It Kept Changing"**

Ever get confused about the differing names and spellings of your Norwegian ancestors and wonder how Ole Olson and Ole Black could be the same person or why your ancestor had three sons named Albert? Come get an overview of Norwegian naming conventions from Old Norse and recurring family naming traditions to the use of a patronymic or farm name as a surname identifier to what an immigrant may have settled on for a last name. Attend to gain a better understanding of where your ancestors' names came from and why their names may have changed over time.

### **Session 2: 10:30-11:45 "Finding the Ole and Lena in Your Family Tree: Resources for Scandinavian Genealogical Research"**

From Norwegian parish records to censuses to immigration records and beyond, this class will focus on where to find useful collections (online and locally) for researching your Scandinavian ancestors and tips for how best to search them. Suggestions will also be offered for how to decipher those often hard to read Norwegian church records. This class will be useful for those just starting out or those who have been researching their family history for years.

Cost: \$25.00 for the two sessions.

Friday, June 29 th, 8:00 - 12--(break between 2 sessions) Minnesota B, 2nd Floor of Radisson