

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



Greetings Polar Star Lodge!

We are off and running in 2019!

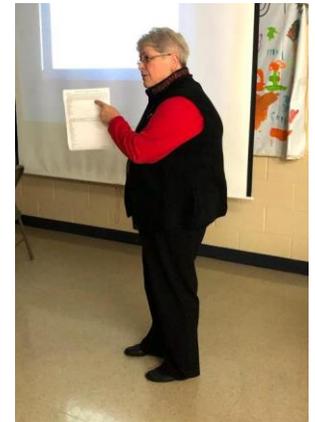
Thanks Barb B. for a fun January meeting teaching us how to prepare the Norwegian favorite, "lutefisk".

I hope you are all searching for those "treasured" items for our "Penny Social" and preparing for the Fish Soup Cook off.

Lastly, I challenge my lodge to be the winning Lodge in the District 5 Barnebirke cookie contest! Let's show the District again what a great lodge we are!!!

Be safe and we'll see you in February!

Your President,
Ken Johnson



Secretary Karen presents the new Polar Star Volunteer Hours Tracking forms. (See page 9)

Upcoming Events

Norge Ski Club
Ski Jumping
Tournament
July 26 & 27

See page 5 for VIP registration

**POLAR STAR
PENNY SOCIAL
AND
FISH SOUP COOK OFF**
Sunday, February 3
St. Olaf Church
See article on page 2

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

Penny Social and Fish Soup Cook Off

Feb.3, 2019 - 1:30 p.m.



Bring your garage sale treasures for re-sale at our Penny Social Auction. Tickets will be sold for 25 cents each. Polar Star Lodge will also be participating in our first “Fiskesuppe” Cook Off at the February meeting. So, prepare your favorite fish soup recipe and be crowned the Polar Star “Fish Soup Champion”. Judging will take place at 1:00 p.m. and end with opening songs and prayers. All entries must include FISH – but the rest is up to you! Bring your soup wrapped in a towel and leave it in the kitchen. Also, please bring your typed fish soup recipe to include in our Norsk Museum Cook Book.

District 5 Cookie Contest

District 5 will be providing a cash prize to the lodge that provides the most cookies for the annual Barnebirkie Cross County Event (for children) in Hayward, WI on Feb. 21st. We know our President likes a good competition, so let's get baking so we can WIN!!!!

Also... plan to bring cookies packed in non-returnable containers. Yes, you may buy your cookies!

Member News!

President Ken and Sports Director, Jerri Lynn earn their Gold Gangemerke (Walking) medals



VIRTUAL WALK CONTINUES...

For those who have not yet completed the Virtual Camino de Santiago, I am extending the completion date to Saturday, August 3rd (paperwork needs to be turned in at the August 4th meeting). So, for those of you still needing to complete it and didn't think you could make it, you've got more time! Keep on walking!



Eleanor Bates celebrates her 95th Birthday with a marsipankake made by Nancy Andersen

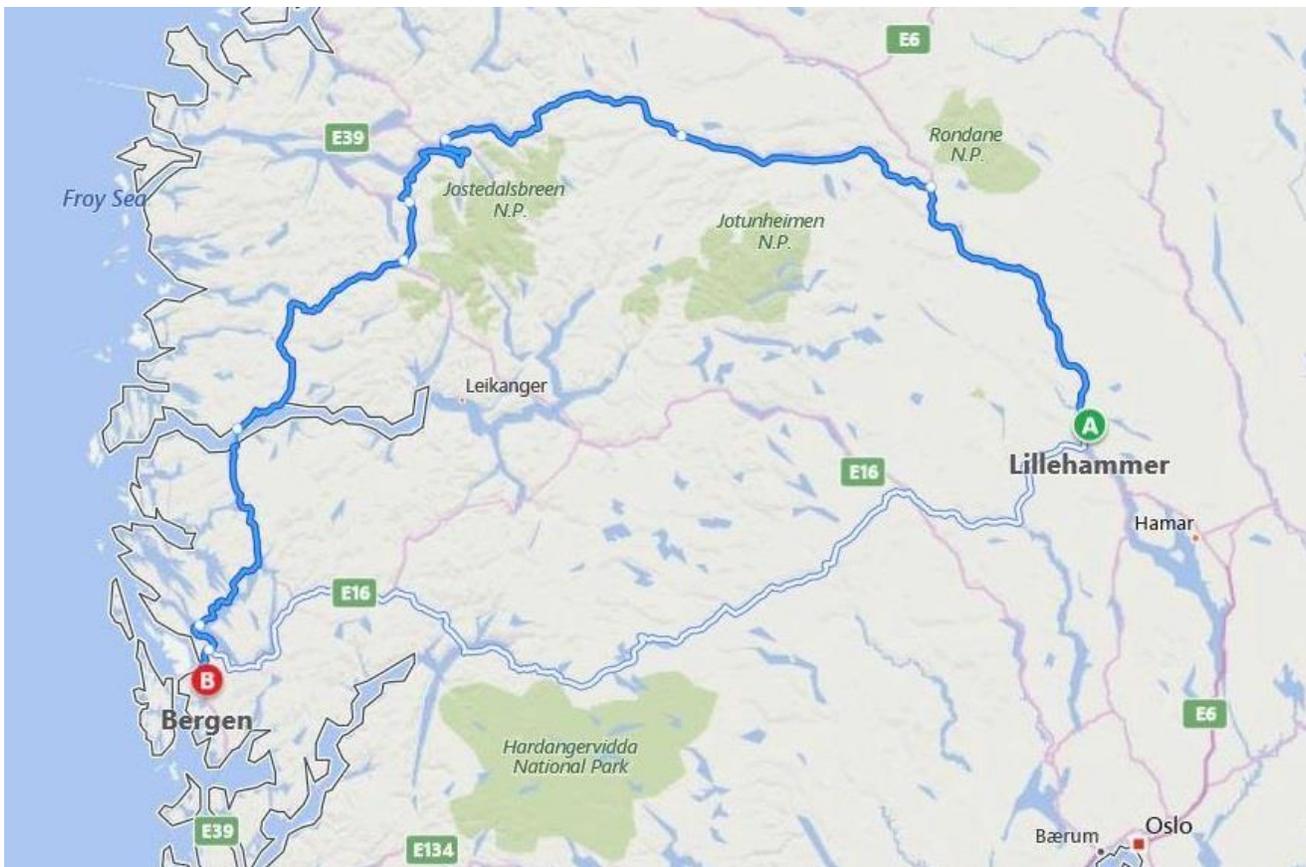
POLAR STAR WILL BE BIKING IN 2019

by Sports Director, Jerri Lynn Baker

Virtual Bike Ride anyone? This route from Lillehammer to Bergen is 363 miles. Many of us have been busy walking the Virtual Camino de Santiago and beyond earning our Gangmerke medals so how about we start thinking about earning some Sykkelmerke bling!

You can ride your stationary bike now and when the weather gets warmer, if you like, you can head outside on your bike that takes you to someplace different, or stick with the Stationary if you choose. It's your choice. Ages 55-69 can earn their bronze medal with 100 miles of biking and ages 70+ you just need 60 miles for that bronze! If you want to participate in this Virtual bike race, I will have your Sykkelmerke forms for you to pick up at the February meeting. For everyone who completes the 363 mile Virtual bike ride from Lillehammer to Bergen their name will be placed into a drawing for the chance to win a "fabulous" prize.

Here is the route we will be taking from Lillehammer to Bergen



POLAR STAR CULTURAL CORNER **by Barb Johnson**



Polar Star Book Flood 2019

Polar Star Culture Goals for 2019

1. Lodge members will earn Part 1 The Basics of Norwegian Language medals by participating in the “Mystery of Nils” Language Group.
2. Lodge members will earn Part 1 Literature Medals by reading three books written by Norwegian American or Norwegian authors in 2019.

I also hope that Polar Star knitters will continue to make “Little Red Hats for Big Hearts” in 2019. I delivered over fifty hats to Lurie Children’s Hospital on January 3. They were greatly appreciated and I received this response from Eileen Johnson, Manager of Patient-Family Experiences. *“Thank you for thinking of Lurie Children’s and your generous donations of all the darling hats! Our kids and families truly enjoy these special gifts. Your time and generosity is truly appreciated”*

Project website and pattern links below.

http://www.heart.org/HEARTORG/Affiliate/Little-Hats-Big-Hearts_UCM_487734_SubHomePage.jsp

<http://www.handsoccupied.com/red-hats/>

<http://www.bevscountycottage.com/bevs-baby-ribs-hat.html>

Polar Star Cooking Group members - please complete your paperwork for the five meat dishes we have prepared at Lodge meetings in the past year. I will be turning in all the paperwork after the February meeting.

Polar Star Culture Field Trip 2019

June 20-23, 2019

Minneapolis, MN.

SAVE THE DATE!!!!

Polar Star members will be traveling to Minneapolis to experience the Scandinavian culture that is so prevalent there. We will stay at the Hyatt Regency Hotel just blocks away from the Mall of America and steps away from the city tram that travels from the Mall of America to downtown Minneapolis.

Planned activities include:

- Tour of the Swedish American Center, Turnblad Mansion & Nelson Cultural center
- Tour of Historic Fort Snelling
- Visit to Norway House and Ingebretsens
- Day trip to Alexandria, MN to view the Kensington Runestone Museum
- Mall of America and IKEA shopping
- Norwegian Memorial Church (Mindekirken) service



SKI JUMPING TOURNAMENT

100 Ski Hill Road, Fox River Grove

Along with our USA
Norway, Finland &
Slovenia
will have teams
jumping.



Norge Ski Club would like to invite you to our VIP area during our tournament on Sunday Jan.27th.

Upon arriving please check-in inside the main clubhouse where the VIP area will be set-up.

January 26th - Noon - 4pm Junior
Olympic Qualifier K70 and Small Hills

January 27th - Sunday Noon - 4pm
International Competition and Super Tour K70

Gates open at 11am both days
Buttons good all weekend

Special discount buttons available now!!!

Now - January 15th

\$5/person children 12 and under are free

Friends and family must be with VIP member to enter VIP area

Note: The VIP area will once again be in the main clubhouse. We will continue to have an ongoing fundraising campaign to repair the VIP warming house. If you have made a donation THANK YOU! If you would like to donate we will take donations in the VIP area the day of the tournament.

Bob and Tricia Fisk will be your hosts in the VIP area.

Fill out the form below with payment and send to: **Elsie Graczyk - Norge SKi Club**
104 Spring St.
Fox River Grove, Illinois 60021

Questions? contact - Elsie Graczyk 847-639-0630 or bestest1974@gmail.com

Tricia Fisk 615-455-6861 or tfisk59@yahoo.com

Norge Ski Jump Tournament button order form

Your buttons will be held at the ticket booth under your name
Buttons can be mailed - add \$5

(print clearly)

Name(s) _____

Guests of VIP _____

Phone _____ Email _____

of Buttons \$5 _____
optional - (p&h) \$5/

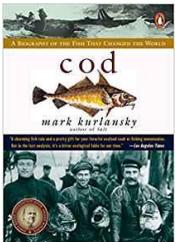
amount due \$ _____ check (Norge Ski Club) or cash

THE LUTEFISK LESSON

Presented by Barb Brungart



The key to good lutefisk is a good piece of cod that is as fresh as possible. We are lucky that we can get the fish from the Norway store that is “right out of the barrel”. We ordered it from Karli (Norway Store Manager) right after the smørgåsbord and President Ken picked it up the Friday before the meeting. We took the fish out of the plastic and placed the fish in ice water for 24 hours to firm the fish (do not use a metal container). The fish is placed in a glass dish and seasoned with salt and pepper. Place in a 375 degree preheated oven for 25- 35 minutes. Do not overcook. The fish is done when it flakes easily with a fork. Allow 1 pound per person and serve with melted onion butter. The two side dishes that are a must with lutefisk are riced potatoes and very small cooked frozen peas along with lefse of course!



Lutefisk Information: <http://whatscookingamericanet/History?LutefiskHistory.htm>

<http://www.minnesota-visitor.com/minnesota-lutefisk-recipes.html>

Purchase the Cod book at : <https://www.amazon.com> \$16.00

Editor's Note: I came home from our demonstration and ordered, “*Cod - A Biography of The Fish That Changed the World*, by Mark Kurlansky. A book about the importance of cod to the Vikings, the Basques and the North American settlements. Well worth reading after we have learned about how lutefisk was frozen and dried. It describes the importance of salt in preservation and explains the difference between fresh and cured Cod. It also, of course, describes how Cod fishing stocks have been depleted and why. Well worth reading as one of your non-fiction selectins for your reading culture medal. I also agree with Barb’s family that lutefisk would be better with bacon!

SONS OF NORWAY – Polar Star Lodge 5-472

MEETING HOSTS

At least two members/families are needed each meeting to serve on the kitchen committee. Join in by volunteering for one time each year.

INSTRUCTIONS FOR HOSTS FOR SETTING UP LODGE MEETING

Chairperson: Contact members of your committee to complete your plans ahead of time.

The committee normally supplies meat or main dishes and one gallon of 2% milk. All other members are asked to bring a potluck dish to share.

Arrive at the hall 1-½ hours prior to meeting time.

Set up 6-8 tables with chairs in their proper places.

Provide table decorations according to season. Napkins and placemats may be in cabinet – check this at meeting before – for inventory.

Make the coffee (50-60 cups). One **(6 oz) Styrofoam cup is needed for 20 cups of coffee**. Coffee is provided by Lodge and is in the Lodge cabinet. If not, purchase coffee and you will be reimbursed. Start coffee immediately. Takes at least one hour.

Set up the buffet table (two long tables). Arrange the food on the tables as it comes in. Include a basket at the front end for donations.

Please set up an entry table for the sign in book.

Set up the podium and the three flags in the front of the room.

After everyone has eaten, wash cups, spoons, etc. and clean up area. Use our lodge dishtowels (in storage room). One person from the committee needs to take the dishtowels home, wash them, and bring them back to the next meeting.

Return all chairs and tables to their proper places.

If it is inconvenient for you to serve at the time scheduled for you, exchange with someone or find a substitute. Any questions notify the Social Chairperson.

If there is anyone who would like to assist in serving, please feel free to do so. The committee will love you!

Don't forget the gallon of milk!

Updated January 2019

Gratulerer med dagen Eleanor Happy 95th Birthday



Polar Star 5-472 2019 EVENT SCHEDULE

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

| | |
|------------------------|--|
| February 3 | Penny Social |
| March 3 | Norwegian Baking |
| April 7 | The Mystery of Nils |
| May | Celebrating Syttendemai |
| June 1 | Norsk Museum Frokost and Open House |
| June 20-23 | Polar Star Field Trip |
| July 15, 17, 19 | How to Be a Viking – Yorkville Public Library |
| August 4 | Polar Star Indoor Picnic |
| September 8 | Vasa Park – Scandinavian Days |
| October 6 | Celebrating Leif! |
| November 3 | Høstfest |
| November 18 | Norsk Museum Smørgåsbord |
| December 8 | Julefest |

2019 POLAR STAR KITCHEN COMMITTEE

| | |
|-------------------|--|
| February 3 | Karen Oswald Diana Raimond and Ed Hatteberg |
| March 3 | Sue and Steve Tanda |
| April 7 | Frances and Roald Berg |
| May 5 | VOLUNTEERS NEEDED  |
| June 1 | Breakfast at Norway Community Bldg. – all members |
| August 4 | Indoor Picnic – Grillmat |
| October 6 | Jerri Lynn Baker Phoebe and Al Bergh |
| November 3 | All members - Høstfest |
| December 4 | Polar Star Board Members |

NORSKE MUSEUM COOKBOOK FUND RAISER



Polar Star, Cleng Peerson, and the Norsk Museum Board members will be working together to create a cookbook with our favorite family and Norwegian recipes. Proceeds from the sale of the cookbooks will go to the Norwegian Museum. We hope to have the cookbook ready to sell by the 2019 Smørgåsbord on November 18th. To make this happen, we need all of you to send your favorite recipes to Barb Johnson as soon as possible. I suggest that you include all recipes that you would like to pass on to your children and grandchildren and give the cookbook as a gift to them next Christmas.

| January 15-31 Birthdays | February 1-14 Birthdays |
|------------------------------------|------------------------------------|
| 25. Barb Brungart | 1. Brianna Meek |
| 29. Elsie Sorenson | 4. Al Bergh |
| | 8. Nathaniel Sahn |
| | 9. Feb. - Al Benson |



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 at/for 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 Meetings (prepare food for pot luck; set/clean up; kitchen duty) | | | | | | | | | | | | | |
| Lodge Meeting Programs (plan/prepare/lead) | | | | | | | | | | | | | |
| Training/Seminar (plan/prepare/lead) | | | | | | | | | | | | | |
| Officer Duties | | | | | | | | | | | | | |
| Newsletter/ 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 (docent/manage/maintain) | | | | | | | | | | | | | |
| Norsk Museum Fundraisers breakfast/smorgasbord/etc (prep/food/work) | | | | | | | | | | | | | |
| Syttende Mai Parade/Banquet (prep/food/work) | | | | | | | | | | | | | |
| How to be a Viking (prep/food/work) | | | | | | | | | | | | | |
| Norwegian National League (plan/prepare/lead) | | | | | | | | | | | | | |
| Viking Ship (docent/manage/maintain) | | | | | | | | | | | | | |
| Red Hat Knitting | | | | | | | | | | | | | |
| Tubfrim | | | | | | | | | | | | | |
| Barnebirke/Norge Ski (prep/food/work) | | | | | | | | | | | | | |
| MSI Christmas Tree | | | | | | | | | | | | | |
| Other (describe) | | | | | | | | | | | | | |
| TOTAL COMMUNITY HOURS: | | | | | | | | | | | | | |

Revised 2018

Please return completed 2018 form by the end of January to: Karen Oswald, 1860 Fair Oak Rd., Naperville, IL 60560 or digitally at ahlson@aol.com

Sons of Norway
Polar Star Lodge 5-472
Regular Meeting, January 6, 2019

St. Olaf Lutheran Church
1233 Douglas Avenue
Montgomery, IL 60538

At 12:30 Barbara Brungart demonstrated how to prepare lutefisk. The lutefisk was enjoyed as part of our potluck meal. President Johnson brought the meeting to order at 2:40, following our 1:30 potluck luncheon. The kitchen committee of the day was Eleanor Bates, Carol DeVito and Frank Krawczyk.

The Pledge of Allegiance was followed by the singing of the United States, Norwegian and Canadian national anthems.

Treasurer Carol Devito read the Treasurer's report (copy attached). In addition, a \$100 donation has been made to the Ski for Life Center.

Eleanor Bates 95th Birthday: We celebrated Eleanor's 95th birthday with a traditional seat of honor, surrounded by all of us singing the Norwegian birthday song. Nancy Andersen made a delicious marzipan birthday cake!

Stabbur: Steve Tanda reported on the status of the stabbur to be placed on the grounds of the Norway Museum.

Norge Ski Club International Jump Tournament: Nancy Andersen provided flyers and information. The Norwegian jumping team will be at the tournament this year. Special discount buttons are available; send for them by January 15.

Cookies for Barnebirkie: Ken encouraged all members to bring cookies for the barnebirke to the February Polar Star meeting. There will be a \$50 prize for the SON Lodge that provides the most cookies. Ken will arrange to deliver them.

Polar Star Penny Social: Ken reminded to start gathering your treasures to bring for our February Penny Social.

Note from Kari Schussler's sister: Nancy Anderson read a note and holiday greetings from Kari Schussler's sister.

Medals: Jerri Lynn Baker and Ken Johnson received special walking medals. Jerri Lynn asked if anyone was interested in working towards Norwegian culture bicycling medals.

2019 Kitchen Committees: Nancy Andersen circulated a sign-up sheet for the 2019 kitchen committees.

Submit 2018 Volunteer Hours: Ken reminded that volunteer hours for 2018 are due to Karen Oswald by January 30.

Polar Star's 2019 programs: Barb Johnson described highlights of Polar Star programs for 2019:

- **Polar Star field trip:** Working on plans for a Polar Star field trip to Minneapolis (June 20-23 or July 24-27).
- **Two culture goals:** Norwegian Language medal 1 and Literature medals 1, 2, and/or 3. Barb has applied for a Sons of Norway grant to provide funds for literature classes.
- **Cook Book Fundraiser:** Investigating a cookbook fundraiser, to be held jointly with Cleng Peerson lodge, Friends of the Norway Museum, and Polar Star. She encouraged everyone to start getting their recipes together.
- **2019 Jolabokaflo:** Jolabokaflo is an Icelandic tradition of exchanging books and chocolate on Christmas Eve. Barb encouraged members to bring one of their favorite books to each lodge meeting (with a little of their favorite chocolate) to loan among the group. Hopefully by end of year, we may have each earned a new literature medal.

2019 Volunteer Hours: Karen Oswald passed out the new form for recording 2019 volunteer hours. She explained that volunteer data is used for mandatory reporting that maintains the Sons of Norway tax-exempt status and allows the national Sons of Norway to lobby on behalf of fraternal benefit societies. She emphasized that the form is used for volunteer hours, but not hours for just attending. The form is also available on the Activities and Culture tab of our www.polarstarlodge.com website.

Respectfully submitted,
Karen Oswald, Secretary

