

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

President's Message



President Ken sings “ Fastelavn er mitt navn” with Steve, Floyd, Ed, Barb and Vi holding the Fastelavn boller

Hello Polar Star Lodge

Thanks to Jerri Lynn for her outstanding and uplifting March program on Fastevan Karnival Søndag! Thanks also to all of you who dressed in costume or mask! Barb was delighted!!! I have received word that we will know by the end of the month about our language grant – so be prepared for norsk språktime! Spring is in the air! Enjoy it! See you in April!

Your President
Ken Johnson



Vi completes her pilgrimage

Upcoming Events

POLAR STAR “The Mystery Of Nils”

CULTURE EVENT

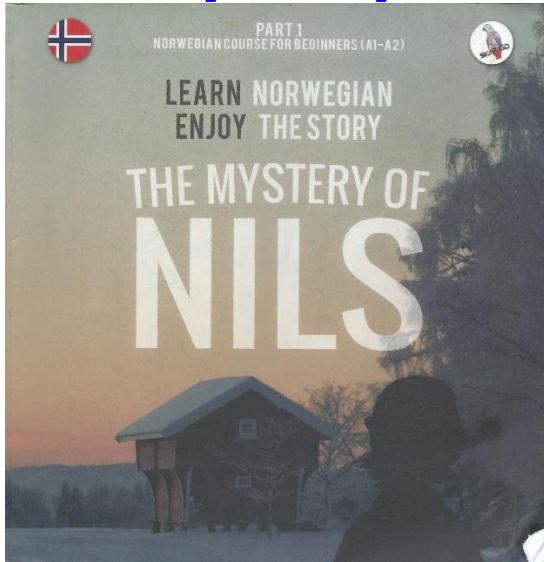
Sunday, April 7, 2019
St. Olaf Lutheran Church
1:30 p.m. potluck
See article on page 2

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

POLAR STAR

April 7, 2019 Event

The Mystery of Nils



A fun, preview of what to expect from the Polar Star Språktime series!



Erna

Lisa

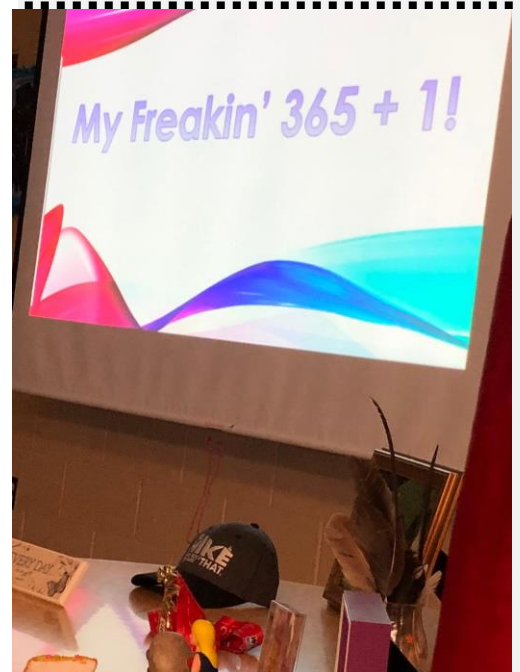
Susanne

Potluck begins at 1:30 p.m.
Please bring your own table service and a dish to pass.

Member News



Sports Director Jerri Lynn
Presenting the March Program



Challenging us...
to try something new !



Polar Star Culture Corner

by Barb Johnson



I'm proud to announce that Polar Star members have already completed the requirements for nine culture medals in 2019.

- One (1) Traditional Food Part 1
- Two (2) Literature Part 1
- Six (6) Traditional Food Part 3

POLAR STAR BOOK CLUB

Bókaflóð

Don't forget to continue our "Book Flood". Bring a Norwegian novel with your favorite Easter chocolate to trade at the April meeting. Read and review 3 books of different genres by Norwegian or Norwegian Americans and you will earn a Part 1 Literature medal.





Britt's Boller Recipe

This is the recipe I used for our fastelavnboller. The recipe was shared with Skogfjorden Campers by Britt Vangberg from Ås Norway, who was one of our teachers at Concordia Norwegian Language Camp. The recipe makes a very large batch (4 dozen+ depending on the size of the balls rolled) and is a favorite "kaffepause" treat at Skogfjorden.

Ingredients:

<u>Mix together</u>	+	<u>Add to dry ingredients</u>
2-3 cups flour (to start with)		4 ½ cups lukewarm milk
5 teaspoons yeast (2 packages)		9 Tablespoons melted butter
2 dl sugar (approx. ¾ cup)		2 eggs
2 teaspoons cardamom		

Mix together – adding more flour (approximately 10 cups) until dough feels "right" – "like a baby's bottom" (yes that is "exactly" what she told us!). "Remember to pump" air into the dough (she mixed it by hand!!! (I used my Kitchen Aide dough attachment).

Cover and let rise for at least 45 minutes.

Separate dough into pieces, add raisins if you wish, and then roll by hand. Place on baking sheet – over and let rise for about ½ hour. Brush with egg wash and bake in hot oven (400 degrees) 10-15 minutes until golden brown.

Filling recipe taken from Lent Buns at Swedish Food.com

200 grams almond paste (1 package grated)
 120 ml milk (1/2 cup)
 240 ml (1 cup) whipping cream
 Powdered sugar for dusting if desired

Slice a thin portion off the top of each bun and set aside. Using a fork, scoop out a small hole of crumbs from each bun and reserve them in a bowl. Grate the almond paste, mix it with the crumbs and milk until it is a thick paste. Place the filling in the hole in the bun, cover with whipped cream and place the top of the bun on top of the whipped cream and filling. Dust with powdered sugar right before serving if desired. Enjoy!

Polar Star Poetry Corner

I Can't Remember What the Name Is

By Curt Vevang author of *"The Nature of Things"*

I'm sure you've noticed, it happens to all,
as we grow older we lose our recall.
We start a sentence then forget a word.
When you think of it, it's really absurd.
The word we forget, that causes the fuss,
is always a noun that's hiding from us.
A person, place or thing, it's so insane;
we picture her face, but what is her name?
Pronouns, adverbs, prepositions and verbs,
easy enough to remember these words.
We use adjectives to describe what kind,
but those silly nouns just elude our mind.
Conjunctions -- of course, we know what they do.
But for names of things? We haven't a clue.
Lost articles are not, "a", "the" or "an",
instead they're likely the keys to the van.

When we get to heaven I'll make a bet,
things will have labels so we won't forget.
Signs will be hung on each noun that is there:
coffee cup, towel rack and green Tupperware,
just like all those who spend week after week
with the foreign language they wish to speak.
Throughout their house on each book, chair and bench
is a Post-It Note with its name in French.

Continue To Save Your Canceled Postage Stamps for Tubfrim In 2019



TUBFRIM
NO-3540 NESBYEN - NORGE



POLAR STAR FIELD TRIP June 20-23

Plans are being finalized for our Cultural Field Trip to Minneapolis, MN. Please call and reserve your rooms so plans can be finalized.



Book your hotel room now!

Hyatt Regency Hotel – Bloomington/Minneapolis

3200 East 81st Street

Bloomington, MN 55425

(952) 922-1234

Reservations under Sons of Norway Polar Star Lodge

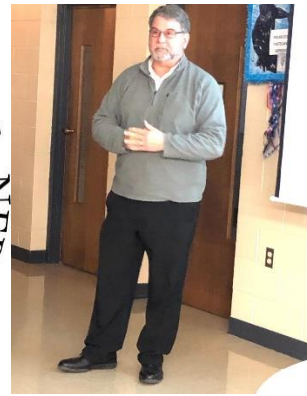
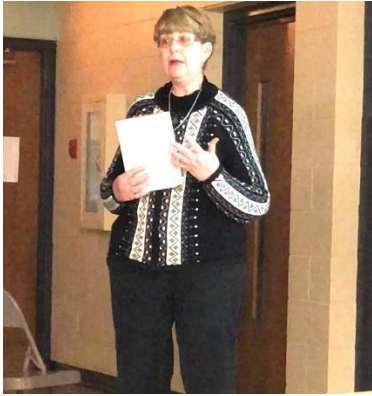
#26337605 - \$129.00 per night

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**

A block of 10 rooms has been reserved and will be held until May 23, 2019



16th Annual Dinner Dance and Fund Raiser for Vasa Park

Presented by Scandinavian Park, Inc. NFP

Saturday March 23,

2019 Avalon Banquets 1905 Higgins Rd., Elk Grove Village, IL

6:30 PM Social Hour (cash bar) music by "Swede Folk"

7:30 PM Dinner

Dance Music by Tim Gannon, DJ Donation \$50.00 per person

Scandinavian Park, Inc. is a 501 c(3) non-profit corporation

Cash drawing and Raffle Table with Generous Donations from Scandinavian Organizations, Businesses & Individuals

For information call: Carol Hoidahl 847-358-1527

Send reservations by March 20, 2019 to:

Carol Hoidahl, 25 Duxbury, Rolling Meadows, IL 60008

Make checks payable to Scandinavian Park, Inc. NFP

Polar Star 5-472 - 2019 PROGRAMS

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

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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

April 7	Frances and Roald Berg
May 5	Ed Hatteberg Diana Raimond

NORSKE MUSEUM COOKBOOK FUND RAISER

MORE RECIPES NEEDED



GRATULERER MED DAGEN POLAR STAR



Happy Birthday Steve, Ron and Art

Polar Star Members!

MARCH 16-31

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

APRIL 1-14

- 14 Juliene Peterson

10th Semi- Annual TORSK DINNER

Saturday March 30th – 3:30-6:30



Anderson Tree Farm – Rt. 126 and Ridge Road

Menu: Haddock, potato, onion butter, vegetable, limpa bread and dessert for \$15.00

(kids under 12 free)

Contact Jeff (630-896-5449) or Karen (815-436-2140)

Park Ridge Syttendemai 2019

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

May 19 (Su) Norwegian National League Norwegian Constitution Day Parade, Hodges Park, Park Ridge, IL, Barbra Kronborg-Mogil 847-823-7596
www.nnleague.org

May 19 (Su) Norwegian Constitution Day Banquet, Park Ridge Country Club, Park Ridge, IL Social Hour 5:00 PM, Dinner 6:00 PM, \$75.00 per person Carol Hoidahl 847-358-1527 www.nnleague.org

POLAR STAR FASTELAVN KARNEVAL SØNDAG 2019

