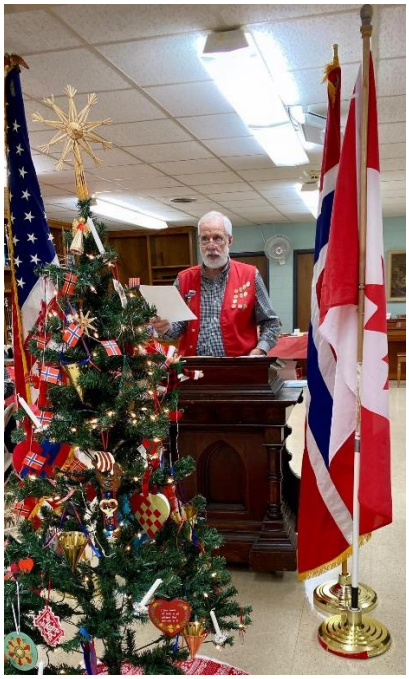
DESEMBER 2019 Newsletter
Volume VII issue 12

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



Greetings Polar Star Lodge,

As much as I kid about wanting someone else to take over as President, I have to admit how proud I am to lead such a wonderful group of individuals! We've just completed another amazing year and I'm looking forward to an even more exciting 2020. Enjoy your families and we'll see you in the "nytt år"!

Your President
Ken Johnson

Velkommen til Polar Star
Cindy Olson and daughter, Crystal

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Upcoming Events

"Polar Star 2020"

Sunday, January 5
1:30 p.m.
St. Olaf Lutheran Church
See article on page 2

POLAR STAR
PENNY SOCIAL
Sunday, Feb. 2, 2018
1:30
St. Olaf Lutheran Church
See article on page 3

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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

JAN 5, 2020

Godt Nyttår Polar Star!

We will celebrate the new year with a Kransekake Baking class on Saturday, January 4th and a preview of what's new for 2020 on January 5th.

Barb Johnson will teach interested bakers how to create a kransekake cookie tower beginning at 9:00 a.m. on Saturday, January4th. We will assemble the tower on Sunday, January 5th at noon, and eat the tower at our potluck dinner. This baking class will meet some of the requirements for a Traditional Norwegian Cooking Medal.

1:30 Potluck Dinner
Please bring a dish to pass and your own table service.

Karen Oswald and Barb Johnson will be providing the program.

Don't forget to bring your favorite book with your favorite chocolate to begin 2020

What been happening?

Santa Lucia Day at Language Class

Kaffe? Don working the NorskSmorgasbord

Norsk Museum Smørgåsbord
Polar Star and Cleng Peerson Work Crew

POLAR STAR PENNY SOCIAL
FEBRUARY 2, 2020
1:30 p.m.

Begin gathering your garage sale treasures for re-sale at our Penny Social Auction. Tickets will be sold for 25 cents each.

Start planning your favorite Norwegian Soup for our annual Polar Star Soup Cook off. Judging will begin at 1:00

Potluck will begin at 1:30 pm followed by the Penny Social.

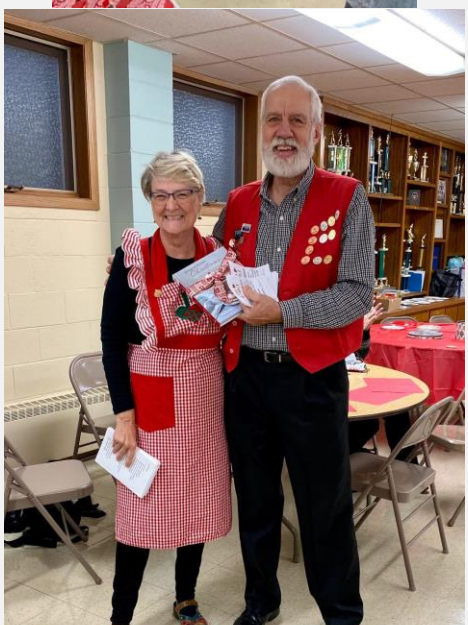
2019 POLAR STAR KITCHEN COMMITTEE

Jan. 5	Roald and Frances Berg And Tom Harkins
Feb. 2	
March 1	
April 19	Meeting at Cross Lutheran Church in Yorkville.
May 3	Meeting at Yorkville Public Library
June	No Meeting
Aug.	
Oct. 2	
Nov. 1	All members - Høstfest
Dec. 6	Polar Star Officers

Juletrefest 2019

T.J. Johnson finds the almond

Congratulations to Barb and Kelly for winning the 2019 Polar Star Baking Contest!



Polar Star Culture Corner

by Barb Johnson

As we complete 2019 and approach 2020, I have been thinking about our Christmas Book Flood (which I love) and decided to research other Icelandic Traditions. What I discovered is timely and fun!

On December 12th the Icelandic Yule Lads begin arriving from the mountains, with their ogress mother, Gryla, who searches for naughty children to boil in her cauldron while her sons create mischief. Gryla can only capture children who misbehave, but she must release them if they repent! Icelandic children place a shoe in their bedroom window each evening on the 13 days before Christmas. Every night one Yuletide lad visits, leaving sweets and small gifts or rotting potatoes, depending on how that particular child behaved on the preceding day. Each Yuletide Lad has a specific "idiosyncrasy" and will therefore behave in a particular manner.

The first Lad to arrive is called "Stekkjastuar (Sheep-Cote Clod) who harasses sheep with his peg-leg); On December 13th his brother "Gillaguar (Gully Gawk) hides in gullies, waiting for an opportunity to sneak into the cow-shed and steal milk; On December 14th,"Stufur (Stubby) who is abnormally short, steals unwashed pans to eat all of the crust left on them; Tonight, December 15, "Pvorusleikir" (spoon licker) will steal the wooden spoons to lick. Check out the other "Lads" and a link to the original poem (below) to get you into ***Jólaskap*** (Christmas Mood)!!!

The Icelandic Yule Lads

For the original poem, "*Christmas is Coming*" translated by Hallberg Hallmundsson

https://www.amazon.co.uk/gp/product/B018WORBBG/ref=dbs_a_def_rwt_bibl_vppi_i0

POLAR STAR CULTURE GOALS 2020

Language Part 1
Literature 1, 2 and/or 3

Language Part 1

Polar Star will continue to work on earning Part I Norwegian Language Medal.

We continue to meet at the Hinckley Public Library on Friday mornings from 10:00 a.m.-12:00 p.m.

Literature Part 1, 2 or 3

2020 will begin continue the year of Jolabokaflod. Every month members will be encouraged to bring their favorite book to the Lodge Meeting to share with the group. Hopefully by the end of 2020, we will ALL have all earned new Literature medals.

Polar Star Poetry

A Poem for December

by Curt Vevang

To those that are dear, give your time,
to those that are sick, give your care.

To those that are glad, share their joy,
to those that are poor, give your share.

If folks are different, have respect,
and if they are down, give your love.

This surely must be the message
Intended for us from above.

Polar Star Sports and Activity News

by Jerri Lynn Baker

Carol receives her "Sykkelmerke" medal **Frank and Jerri Lynn earn "Gangmerke" medal**

Polar Star is walking to Norway!

Let's get the word out. We have until June 15, 2020 as a Lodge effort together to log miles for a very long Virtual walk. First leg of the trip is from St. Olaf's in Montgomery to Minneapolis, MN. No where in the flyer I've seen does it give a specific location, just Minneapolis, soooo that's 401 miles by google maps, then we have to get from Minneapolis to Ringsaker, Norway, which is 3,984 add the 401 for a grand total of 4385 miles. I know that sounds like a lot, BUT it's all of our combined miles. You can count all your steps from a pedometer, this is not only walking, but swimming and biking too. Whatever activity moves you forward. This really isn't a hard task if we all work together. If you don't currently have a way to track your steps head over to the store and buy a cheap pedometer. I'm throwing down the gauntlet to all of us to accomplish this! Who's with me? If you have a record of your activities you can count it back to November 1st! That's when the challenge officially started. I'm throwing down the gauntlet to all of us to accomplish this! Who's with me? Let's put Polar Star in the records!

Juletrefest 2020

December 16-31	Birthdays	January 1-15	Birthdays
19	Carol Vigsnes	1	Eleanor Bates (96th)
22	Ken Johnson	8	Ashley Farinelli
23	Tom Harkins	8	Ralph Kristensen
26	Gail Anderson	8	Mike Skogen
31	Charles Ray		

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Polar Star Volunteer Hours

Activity 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 services –** Projects/programs organized by Sons of Norway at a lodge, district or international level that you worked at or for, which were devoted to lodge business affairs, recreational or social events, training seminars, cultural classes, officer duties, etc. Include time spent organizing, planning and/or working on the events. Do **not** include lodge meeting attendance time.
- **Community services –** Include activities that you participated **in the name of /on behalf of** Sons of Norway lodge, district or international level. Include time attending/volunteering, as well as travel and preparation time.

Member Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Lodge Meetings (prepare food for pot luck)													
Lodge Meetings Set up/clean up/kitchen duty)													
Cultural Training (class/seminar)													
Program/Meeting (plan/prepare/training/lead)													
Officer Duties													
Newsletter/ Website													
Board/Committee Meetings													
District/National Meetings													
Other (describe)													
												TOTAL MEMBERSHIP HOURS:	

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 (smorgasbord/kumla/ breakfast; prep/food/work)													
Styttendemai Parade/Banquet													
How to be a Viking (prep/food/work)													
Norwegian National League													
Viking Ship (docent/manage/maintain)													
Red Hat Knitting													
Tubfrim													
Barnebirke (prep/food/work)													
Other (describe)													
												TOTAL COMMUNITY HOURS:	

Revised 2018

Please return this form to Karen O. no later than Jan. 5th

Norge Ski Club's

International Winter Tournament

January 25th and 26th, 2020

Noon - 4:00PM
Gates Open at 11:00AM

SAT. JAN 25	SUN. JAN 26
Junior Competition	K70 - US Cup Five Hills Tournament
K70 Competition	Long - Standing Competition

Highlights:

- Junior National Qualifier – Junior Ski Jumpers compete on the big hill (Saturday) for a spot representing the Central Division.
- Five-Hills Tournament: International Ski Jumping Teams will compete head to head with U,S. Jumpers both days, for the first of 5 Competitions in the Midwest's Five-Hills Tournament.

A Weekend of Fun for the Entire Family!

Ski jumpers from around the world compete on our 70 meter hill.
• Brats, Hot Dogs, Pizza, Popcorn, Pop, Beer, Wine, Jägermeister
• No Snow, No Problem - We make our own!

Admission - Buttons are required and good for Sat. & Sun.

Check back soon for online button sales - $11.00 will call button
$15.00 entrance buttons purchased at gate
Buttons are non-refundable
Free admission for children 12 & under
Bring blankets & lawn chairs
No carry-ins allowed
No dogs allowed

SONS OF NORWAY – Polar Star Lodge 5-472
MEETING HOSTS (Kitchen Committee)

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). 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, Nancy Andersen.

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 2015 by Carol Devito