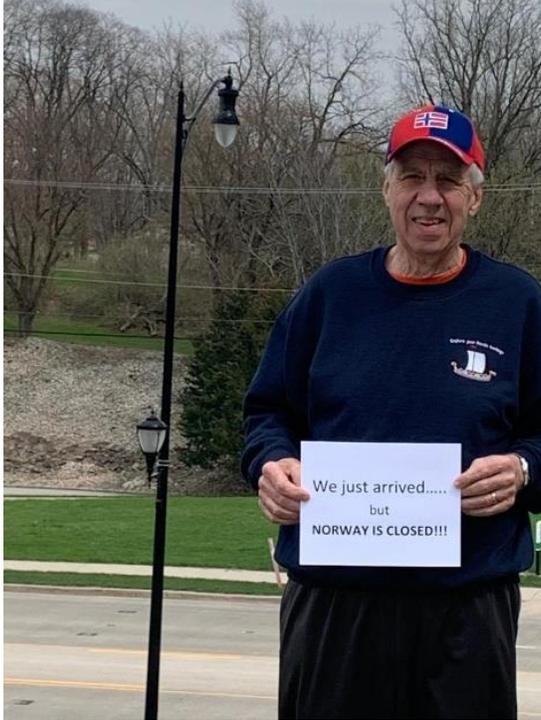


Sons of Norway Polar Star Lodge 5-472

Meetings on the first Sunday of the month – Potluck at 1:30 p.m.
St. Olaf Lutheran Church – Douglas Road, Montgomery, IL



President Ken just arrived in Norway but Norway is closed...

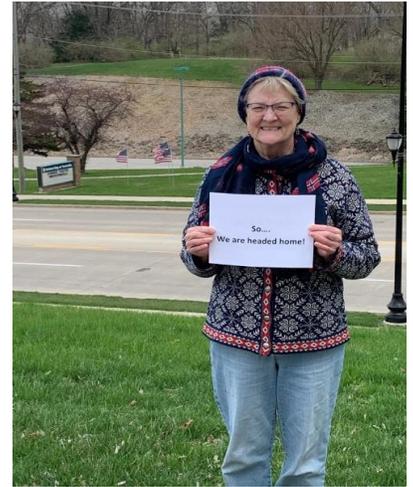
Dear Polar Star Lodge,

During this "Pandemic" my wish is that all of you are well and practicing social distancing. We'll get through this, and it will be wonderful to get our lodge back together again. When our ancestors came here from Norway, they experienced much hardship in various forms, but they were able to struggle through due to their resilience and faith. I know we will do the same and be stronger because of it. We even managed to use this time to virtually walk together to Norway and now we are beginning the walk home. What an outstanding job by everyone who participated and thanks to our Sports Director for motivating all of us along the way. This is also good time for us to work on our cultural skills medal requirements.

Our goal for membership this year is to recruit seven new members. At this point in time, we already have four new members, so let's keep asking our Norwegian friends and family to join our Lodge.

Stay positive and well. We'll be together before we know it!

Your President
Ken Johnson



...so we are headed back home!

Upcoming Events
ALL POLAR STAR
Events cancelled
For April and May 2020
due to the Covid 19
sheltering in Order

District 5 Photo Contest

See page 2 for details

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

Sons of Norway Scandinavian photo contest

by Mike 'Palecek District 5 - Treasurer

In this time of COVID-19, many people feel cooped up in their houses, wanting something to do. Sons of Norway District 5 is starting a Scandinavian Photo Contest, with an entry deadline of July 5.

If you have ever taken pictures on a trip to Scandinavia (Norway, Sweden, Denmark, Finland, Greenland or Iceland) you might want to enter this contest.

As photos are submitted, they will be placed on the District website: <http://www.sonsofnorway5.com>

Even if you don't enter, you can vote for your favorite photos, beginning in mid – July. The winning photos will be printed to a deck of Scandinavian playing cards, and available for purchase in October 2020.

Subjects to be considered are:

1. Landscapes and/or scenery
2. Transportation including railroads, highways and bridges
3. People and Cultural events
4. Museums, churches, government and historical buildings
5. Folk Creatures (trolls, nisse, etc) for use as “Jokers”



For more information, see the additional attachment to the newsletter mailing.

Member News! Polar Star virtual walkers arrive in Norway

Polar Star is walking back home!!!
by Jerri Lynn Baker,
Polar Star Sports Director



Life changes so quickly these days! Just the other day I was congratulating us all on reaching Ringsaker, Norway! Today I am asking you to keep moving with a new challenge! The “Powers that Be” have pushed the deadline all the way out to December 15th for the virtual walk. It has been suggested we now walk, bike or swim back to our Lodge at St. Olaf's by way of Minneapolis. There is no doubt in my mind we can make it. Only those of us who completed the trip to Ringsaker may now make the return trip so we **NEED YOU, ALL OF YOU** to be on board for the return.

Mileage counts starting from April 10th – just like the walk to Ringsaker I will ask you to submit your miles to me each month.

Hip Hip Hurray Polar Star!

POLAR STAR LODGE 5-472

Culture Corner by Barb Johnson

As we “shelter in” there has never been a better time to work on the requirements to earn a Sons of Norway Culture Medal. I encourage all of you to read, bake, cook or learn the basics of the Norwegian Language. We already have four members who have met requirements for medals in 2020.



Diana and Carol have both completed Literature Part 1 (any genre); Frank and Barb have both earned Part 2 Non-Fiction.

The following is a non-fiction book review by Carol Devito that completes her requirements for her Part 1 medal.

Literature Part 1- elective

Book report on *A Grand Adventure, The Lives of Helge and Anne Stine Ingstad and Their Discovery of a Viking Settlement in North America* by Benedicte Ingstad

Helge Ingstad was born in 1900 with adventure in his veins. Growing up he tried to conform to the life expected of him. He graduated a lawyer and started his own practice. But he was never content with this life. He sold his practice and boarded a ship to Canada and the adventure of his lifetime started. He met a trapper becoming his partner and hunted and trapped and traded for supplies to continue his life in the wild trapping and hunting. All did not go as he expected and they parted ways. He next met a Norwegian who had been in the wilderness for twelve years and who had just returned from Norway. They hooked up. They traded and accumulated canoes, dogs, sleds and supplies and his life in the wilderness continued.

Eventually he traveled by himself with his sled and dogs meeting up with indigenous people and living with them. One dog, Spot, was always with him and knew his every thought. At one time Helge was out trapping he became ill and could not continue. He was in the wilderness and could not drive the dogs back to camp. He commanded Spot to “go home” and Spot led the team of dogs back to camp. At which time Helge ended up in the hospital.

Over the years Helge would return to Norway, write a book of his adventure, then return again for another adventure and again write another book. This and speaking engagements and donors kept his travels financed.

In the mean-time he met Anne Stine Moe (born in 1918) married her and had a daughter, Benedicte, but still continued his adventures. He would be gone for months sometimes more than a year at a time. With Helge gone for such lengths of time Anne Stine returned to school and became an archaeologist. It took years for Anne Stine to be acknowledged as a great archaeologist. Eventually they traveled together and over the years made the first discovery of a Viking Settlement in North America.

This book is riveting. Helge’s adventures in the wilderness of North America are truly amazing

If you are working on Literature Part 1 consider reading the poetry of Rolf Jacobsen - short poems written in Norwegian and translated into English. I just received my copy of “North in the Woods”. This poet’s work is read quite often at Skogfjorden Adult Language Camp.



Inger's Språkkrigere (Ingers Language Warriors)

By Barb Johnson

Our Fredag Språktime (Friday Language Class) has been placed on hold but it has not stopped us from studying Norsk! Inger has continued to give us assignments and we are using the internet and Norwegian language Apps to supplement our classes. Here are two of my favorite apps to get you started.

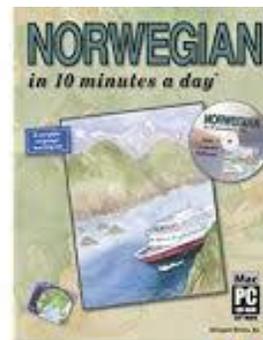
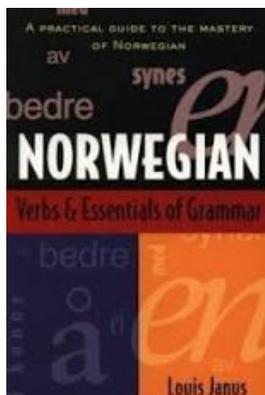


<https://www.duolingo.com/learn>



<https://www.memrise.com>

Both Apps have a free version and both have strengths and frustrations. I like Memrise because you can listen to native Norwegian speakers with different dialects saying the say phrase. The lessons are shorter and the review is more like flash cards. Duolingo has me hooked on a Daily Streak and they have created more competitive lessons (and you all know I like competition!). Both Apps have been helpful and have become a daily routine for me. I have discovered that I am a true visual learner – that learning style combined with my “why???” personality has forced me to really dig into the grammar rules of Norwegian in order to be successful in learning the language. My favorite grammar book is, “Norwegian Verbs and Essentials of Grammar by Louis Janus”. I found it on Amazon, and have read it with a highlighter! It is my “go to” book, when I want to know the “why”? If you are just interested in learning the basics of Norway, I would suggest you purchase a workbook called, “Norwegian in 10 minutes a Day”. Their promise of learning to speak with just 10 minutes per day, did not hold true for me, but it is a well-organized book that does introduce many basic concepts of the language in a visually fun way. Finally, don't hesitate to google Norwegian language on “You Tube”. Reading is easier for me, so I avoided listening to native speakers on line. Don't do that! The more you listen the better you will be! Lykke til (Good Luck)!!



★★★★★ (49 Reviews)

Reading both of these books can be used for Part 1 or Part 3 of the Literature medal



Polar Star “Sheltering In” Baking

Many of our members have been using this time to fill our freezers with Norwegian treats. Here are a few samples of what we have been baking with recipes that you can try at home. Take pictures as you bake – so you can work toward your baking part 1 or part 2 culture medals.



Left to right: Fyrstekake,

Kringla

Sveler

Norwegian Oatmeal Molasses Bread

FYRSTEKAKE (Prince Cake) from Connie's Norske Kitchen.

Ingredients: Cake

250 g (1 cup) butter
 1 ½ dl (2/3 cup) sugar
 1 egg
 1 egg yolk
 6 dl (2 2/3 cups) flour

Filling:

3 ½ dl (1 1/3 cups) ground almonds
 3 dl (1 ¼ cup) confectioner's sugar
 2 egg whites
 ½ teaspoon rum extract (or vanilla)
 2 Tbsp. water

Preheat oven to 180 C. (350 degrees)

In a food processor (or mixer), combine butter, sugar, egg, egg yolk and flour until the dough forms a ball. Do not overwork. Press 2/3 of the dough into the bottom and up the sides of a 22 cm. (9") springform pan.

Combine ingredients for the filling and pour into the crust.

Roll out remaining dough to a thickness of 3 mm (1/8 "). Cut dough into 12 mm (2 ½ ") strips. Lay the strips in a lattice pattern over the filling. Place a strip of dough around the edge of the cake. Bake about 50 minutes.

VI'S KRINGLA (from the St. Olaf Church Cook Book and recipe of Dorothy Stenson)

½ cup butter	2 t. baking soda
1 ½ cup sugar	3 t. baking powder
1 egg	1 t. vanilla
1 pt sour cream	4 cups flour

Mix butter, sugar and egg. Beat well. Add part of sour cream, leaving small amount to mix with baking soda. Add vanilla, flour, baking powder and soda. Mix well. Let chill about an hour. Roll out 1 heaping teaspoon into pencil. Shape into figure 9. Bake at 400 degrees for 8 minutes.



SVELER - Lapper (Norwegian Pancakes)

recipe from Skogfjorden Norwegian Language Camp

2 eggs

100 g. (1 cup) sugar

60 g. (4 tbsp. butter), melted and cooled

500 ml (2 cups+ 2 tbsp) Kefir milk (plain, unsweetened)

350 g (3 cups + 2 tbsp) white flour

2 ¼ tsp. baking soda

Butter for frying

Place eggs in a bowl and whip them until combined. Add the sugar and mix until smooth and fluffy. Add the melted butter and stir until combined, then add the Kefir and combine. In a second mixing bowl, sift in the flour and the baking soda. Add the flour to the liquid mixture and stir with a whisk until smooth and no lumps are left. Cover and let set for 30 minutes. Lightly butter a non-stick fry pan or griddle and using a tablespoon add generous spoons of batter to the pan. Fry in batches and do not overcrowd the pan (I only do three at a time). Fry at medium heat (375 degrees) until a light golden brown. Flip and fry the other side. Serve warm or cold with brunost, sour cream, jam/jelly, or (if you are Kenny Johnson) syrup.

NORWEGIAN OATMEAL MOLASSES BREAD

from *Taste of Home* submitted by Lyla Franklin of Spring Grove, Minnesota.

Ingredients

2 cups boiling water

1 cup quick-cooking oats

1 package (1/4 ounce) active dry yeast

½ cup warm water (110-115 degrees)

½ cup molasses

1 Tbsp. canola oil

1 tsp. salt

6 – 6 ½ cups all-purpose flour

1 tsp. butter, melted

Directions:

1. In a bowl pour boiling water over oats. Let stand until mixture cools to 110-115 degrees stirring occasionally.
 2. In a bowl, dissolve yeast in warm water. Add the molasses, oil, salt, oat mixture and 3 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 ½ hours.
 3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into loaves. Place in two 9x5 loaf pans coated with cooking spray. Cover and let rise until doubled, about 1 hour.
 4. Bake at 350 degrees for 40-45 minutes or until golden brown. Remove from pans to cool on wire racks. Brush with melted butter.
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Polar Star "Sheltering In" 2020



President Ken has been walking, reading non-fiction, and still going to "essential" work



V.P. Frank and Treasurer Carol have been enjoying a good fire & Moscow Mules, playing skip-Bo, creating a butterfly garden, and both have earned Literature medals.



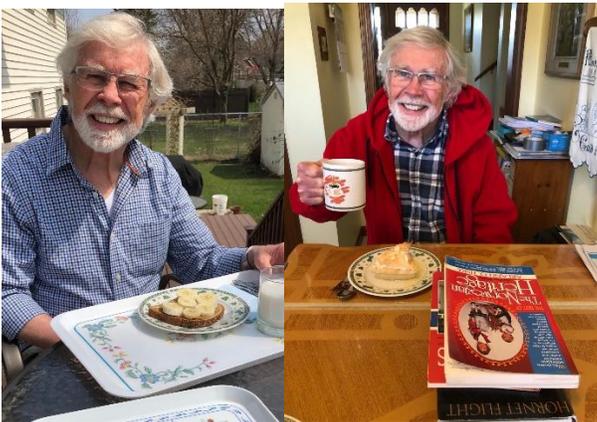
Jerri Lynn has been running (of course) and sharing her nature photos on Facebook



Barb has been baking, walking and decorating toilets (It's a family thing!)



Nancy has been walking, canning, baking, and enjoying nature.



Art has been enjoying the sun and Nancy's baking!



Vi has been walking and baking

POLAR STAR CALENDAR OF EVENTS

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

MAY 2	CANCELLED
JUNE 6	?????????NORWAY MUSEUM OPEN HOUSE ????
JULY ?????	?????????????How to be a Viking
AUGUST 2	POLAR STAR INDOOR PICNIC
SEPTEMBER 13	VASA PARK
OCTOBER 4	Program TBD
NOVEMBER 1	HØSTFEST begins at 11:30 a.m.
DECEMBER 6	JULETFEST

2020 POLAR STAR KITCHEN COMMITTEE

June 6	???Norway Norsk Museum – all members
August 2	Indoor Picnic -
October 4	
November 1	All members - Høstfest
December 6	Polar Star Board Members

Gratulerer Med Dagen (Happy Birthday)
Polar Star Members!



April 15-30

- 19 Phoebe Bergh
- 19 Nicolette Minor
- 23 Jerri Lynn Baker
- 24 Matilda Berg
- 30 Diana Raimond

May 1-14

- 7 Ken Nordan
- 13 Bronwyn Minor
- 13. Phyllis Benson (99th)
(Barb's Mom)

