

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



Hilsen Polar Star Lodge!

Barb and I should be in Norway with our children and grandchildren. We were forced to cancel our trip as many of you were also. I'm OK with that. I know that we will get there as soon as it is safe to do so. This is a picture of us at the Briksdalsbreen Glacier in July 2007. This picture was also submitted as an entry to the District 5 Photo Contest for the Playing Cards project. All submitted photos can now be seen on the District 5 website.

Your President
Ken

MEMBER NEWS



Betsy Olson will join her brother's family in Tarakan, Kalimantan, Indonesia and teach 1-3 graders. Betsy is waiting for her visa and is hoping to leave in August to begin her ministry. We will miss Betsy and wish her all the best as she begins her ministry.

UPCOMING EVENTS

Polar Star will not be scheduling any events until further notice.

See article on page 2

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

~~AUGUST LODGE EVENT
AUGUST 2nd~~

~~Polar Star Picnic and Viking
Games~~



Cancelled

~~Piknik begins at 1:30
St. Olaf Lutheran Church
Montgomery, Il
Please bring your own picnic, drinks
lawn chairs table service.~~



Editor's note: It is the recommendation of the Polar Star Board to cancel the August and September Lodge events to protect our membership.



We met **Sherri Jensen**, a friend of Karen Oswald in February. She is now a member of our Lodge as of 5/28/20.



Bret Todd and his children, **Daniel (3)** and **Emilia (1)** joined our lodge in May.

Bret lives in St. Charles and has recently become interested in his ancestry. His Dad's maternal great grandfather immigrated from Norway.

Bret enjoys cooking and has actually started a cottage bakery called "Wild West" that uses the Nordic "Web of Wyrð" design (above).

Professionally Bret and his wife are speech language pathologists and met at Indiana University. Bret grew up in Indiana and his wife was raised in Chicago land. Bret has already set a Polar Star Culture record by earning the Part 1 Cooking Medal in the first month of membership.

Polar Star Culture Corner

By Barb Johnson

Polar Star Culture Goal: Norwegian Language

One benefit of the Covid 19 shut down for me has been that it has given me plenty of time to work on improving my Norwegian skills. When I began learning Norwegian I made the mistake of not mastering the sounds of the vowels and I did not have the opportunity to listen daily to the sound of the language. I have now discovered several really good apps and on-line Norwegian lessons that have really helped me. I would recommend that all of you check out one my favorites: *Simple Norwegian*



https://www.youtube.com/watch?v=GOSw0PMYU_E

<https://www.youtube.com/watch?reload=9&v=bXFGnwJSNEU>

Simple Norwegian is a series of short You Tube lessons that are organized well and are explained in a meaningful way by a native speaker. The first link above is the Introduction video with Norwegian Language learning tips that are very helpful and quite important if you have any interest in actually learning the language. The second link is *Simple Norwegian #1* This lesson reviews the vowel and consonant sounds and includes a couple of rules for remembering the alphabet sounds.

Three Polar Star Members Complete Midsummer Quiz



Joni Koehler (100%)

Karen Oswald

Jerri Lynn Baker

Karen Oswald also earned the Literature Part 2 & 3 Culture Medal in June

Polar Star Virtual Walk Sports Page

By Jerri Lynn Baker

“Come on!!! It's time to get home!”



Alright Polar Star Walkers!

I have everyone's miles for June. I've added those miles up for a total of 1210.86 miles and subtracted from the miles we have left and we only need **1127.94 more miles**. Divide that number by the nineteen (19) people who have faithfully put in the miles and that's only **59.36 miles per person**. I know some of you can push hard and get those miles, that's **1.92 miles per day**. So the challenge is on! For everyone who can log at least 59.36 miles for the month of July... I will buy you a chocolate bar! And anyone who can get more miles than me in July will get two chocolate bars and a slap on the back! Come on it's time to get home!

Top five (5) walkers for June were:

Jerri Lynn Baker 212.254

Kelly Welin 155.14

Diana Raimond 115

Joni Kohler 74

Frank Krawczyk 71.4

A special shout out to Ed Hatteberg who really upped his mileage this month. And a big Yahoo to all of you for getting up and getting any number of miles! We are moving and it has taken each and every one of your miles to get us to Ringsaker, Norway and now back home! Here's to a mile filled July!

Editor's Note: Carol Vigsnes was one of the top five walkers for May. She was accidentally left off the list in the June newsletter. We apologize to Carol!

Next-Level Sports Medals Coming in August

Members asked for new goals, and we answered!

Two beautiful new medals will be available **August 2020** in the Sports Medals Program.

Idrettshelt [*ee-dretts-hellt*]*—*the sports hero pin*—*is the 5th level within any sports medal category. Earn the *Idrettshelt* pin by doubling the point or mileage value of the **enamel** level in that category.



Hederspris [*hay-dersh-prees*] *—*the outstanding achievement award*—*is for completing bronze, silver, gold and enamel levels in any three sports medal categories.

Stay tuned to the [Sons of Norway website](#) for details on submitting points toward these pins!

Editor's Note: This is HUGE!!! Jerri Lynn and I have been asking for this for a long time. This means that we will be rewarded for continuing to exercise after we have reached the enamel level.
Thanks Sons of Norway for listening to us!

POLAR STAR CALENDAR OF EVENTS

There are no Polar Star events scheduled at this time. The Polar Star Board will be discussing the feasibility of meeting safely during this time of the Corona Virus. All updates will be communicated through the monthly newsletter.



Save Your Canceled Postage Stamps for Tubfrim

Polar Star Covid Crafting and Hobbies



Barb is knitting Viking dolls and President Ken is collecting rosemaling

GRATULERER MED DAGEN POLAR STAR

15 - 31 JULI

16 Barb Johnson
16 Melissa Berg
17 Oslo Berg
18. Cary Hatteberg
21 Jeff Anderson
21 Doris Pittman
25 Frank Krawczyk
27 Aden Baker
27 Beatriz Ruiz

1-14 AUGUST

5. Tristan Meek