SEPTEMBER 2020 Newsletter
Volume VII issue X

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 with his latest treasure and on the golf course

Hilsen! Polar Star Lodge!!!
Barb asked us to update the Lodge on what we have been doing during the Pandemic. I have continued to work every day while most of you have been sheltering in. I have to admit that I have enjoyed being home every night with less running and meetings. I am thankful that the Cubs are now playing and I have enjoyed watching them on the new Marquee channel. I also have continued to search for Norwegian treasures and have accumulated quite an assortment of items for our Polar Star "Loppemarked" when we are able to meet again. I have participated in Jerri Lynn's walk to and from Norway and I enjoy playing golf with my sons whenever we can get together. As you can see I'm growing my "julenisse" beard hoping that we will be able to celebrate the "Jul" season together in December!

Your President
Ken Johnson

Ingers Språkkrigere
September 2020

UPCOMING EVENTS

No
Polar Star
Events
are scheduled at this time

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Energy City Kubb

See article on page 2

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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
Polar Star Website
www/polarstarlodge.com
Norway Museum Website
www.norskmuseum.org.

Viking Kubb is alive and well during the pandemic!!!

I have been a "Kubb" fan for quite some time but just recently discovered that there is a local Kubb Club organized by George Sloan, that meets at the Batavia Moose Lodge. The Club is called Energy City Kubb and they just started their fall league on Tuesday, September 15th. They meet at 6:30 p.m. The cost to enter a 2 or 3 person team is $20.00.

The second annual Illinois Kubb Championship tournament was held over the Labor Day weekend with 22 teams from at least four states in attendance.

Sounds like fun!!! How can there be a local Kubb League without Polar Star Lodge????? Who's in???

Follow Energy City Kubb on Facebook for their upcoming events

Polar Star enjoys Social Distancing Språktime

Inger Langsholt leading our språktime

Connie Kross, our Zone 5 Director is listening to "Vi er Bergen" a new song celebrating the 950 year anniversary of the City of Bergen.
It's a very catchy little tune!

POLAR STAR CULTURE CORNER
by Barb Johnson

As I study Norwegian, I often come across words that I really love and that hold special meaning in the traditional Norwegian culture. "dugnad" (prounounced doog-nahd). is one of those words and actually means "voluntary work". At a time when I see less volunteerism and cooperation in my community and country, Norwegians seem to still embrace working together toward a common goal for the greater good. The dugnad tradition was actually featured in a recent (September 10th) on-line article called, "How Norway's evolving dugnad tradition keeps the Pandemic in check". I have copied the article and include it here.'

"Dugnad (pronounced doog-nahd), literally, "voluntary work," is a Norwegian cultural tradition where members of a community work together toward a common goal for the greater good.
Dating as far back as the Viking Age, the concept of dugnad brought villagers together to bring ships back to land after their excursions. Over time, dugnad evolved as rural farming communities applied the concept to making preparations for harsh winter conditions so they could survive together.

Today, dugnad is widely seen as part of Norway's national character. It refers to a community day where residents get together to work collectively on projects like cleaning, fixing and tidying up communal areas. Dugnad often takes place in the spring to prepare for Syttende Mai celebrations, and in the fall to prepare for winter.

Fast forward to March 2020, when coronavirus popped up in Norway. Norway's national leaders used the dugnad spirit to call on residents to help protect the greater good. They coined the term "*Korona-dugnad*," calling on Norwegians to do their part to slow the spread of the virus. Prime Minister Erna Solberg addressed the nation, reminding residents of the importance of coming together in times of hardship:

"It has now become absolutely crucial that all of the country's citizens and residents participate in a national dugnad to slow down the spread.

We are doing this in solidarity with the elderly, chronically ill, and others that are especially vulnerable in developing this serious disease.

We have to protect ourselves in order to protect others. We will stand together through this period in time—not with hugs and handshakes—but by keeping our distance from one another."

"It will require a lot from each and every one of us. We need to care about one another and help each other the best we can."

In her address, Solberg emphasized practices like social distancing, working from home, and forgoing hugs for the greater good. The definition of a modern dugnad has quickly became synonymous with staying indoors at home, instead of raking leaves with neighbors.

In Norway, because dugnad is so widely accepted as part of the culture, it was relatively easy for Norwegians to accept and adjust to the changes in their daily lifestyles. Crown Prince Haakon even did his part by participating in a worldwide digital hackathon to develop ideas for solving the Covid-19 crisis.

While there are other factors that contribute to the low Covid-19 case numbers in Norway, the dugnad spirit across Norway has been seen as a major reason the nation has been successful at keeping cases as low as they are.

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https://www.sofn.com/blog/how-norways-evolving-dugnad-tradition-keeps-the-pandemic-in-check/

New Nordic Noir

The following books were featured in the September 2020 Viking magazine. I love this genre and have read books by two of the featured authors, Ragnur Jonasson and Yrsa Sigurdardóttir.

1) ***"The Girl Who Lived Twice"*** **is a continuation of the Lisbeth Salander story from "*The Girl With the Dragon Tattoo*" series. This book is the third in the Millennium series of books written by David Lagercrantz after the death of Stieg Larsson.**
2) ***"The Mist"*** **is the third in a trilogy written by Ragnar Jonasson about Icelandic Detective, Huldah Hermansdottir, of the Rykjavik Police Dept. This book is actually a prequel set in 1987 so if you haven't read the other two books, this will probably be a good one to read first.**
3) **Yrsa Sigurdardóttir is a great author and I really loved the first book of the Children's House series called "*Legacy*". If you have not read it, I suggest you read that before you read *Absolution.* I also think that everyone should read her Thóra Gudmunsdattir series beginning with *"Last Rituals".***

"Nordic News"

submitted by Karen Oswald

Karen Oswald has been tuning in to these shows for the past six weeks and highly recommends them.

"Nordic News" is a Sons of Norway District 5 program, a weekly "radio" show about all things Norwegian-American. It was developed and is hosted by Mike Palecek, District 5 Board member. It's an easy and very interesting activity available live every Tuesday. Plus, you can catch up on past episodes any time.

To access the current Nordic News, tune in at 6:20 PM Central time every Tuesday using one of the flowing methods

- **By computer :htts://gotomeet.me/SofN-D-5 (I found this the easiest method)**
- **By phone: 646-749-3112 (access code: 509-077-557**
- **By iPhone, iPad or Android tablet/phone: download the GotoMeeting app from the Apple or Google Play store. Launch the app and enter the meeting code: SofN-D-5**

The First weekly "show" was on April 28, 2020. Past topics have ranged from the Norsk Museum, to stave churches, to Norskedalen, to the Viking Ship in Geneva Illinois, to Rosmaling and much more. You can watch past episodes of Nordic News at: http://www.sonsofnorway5.com/porgrams;speakers_bureau.php

If you have a suggestion for a presentation on a Nordic or Nordic-American topic that should be featured on the Nordic News "radio show" please contact Mike Palecek at mikep@sonsofnorwayracine.com

Some audio-conferencing notes:

1) **Dial in two minutes before the scheduled time, so the meeting can begin on time.**
2) **Use a phone with good audio fidelity – if using a cellphone, habe the best reception possible**
3) **Don't use handsfree "speakerphone" features – it pibks up a lot of background noise.**

4) **Be in a quiet place, so it's easy for you to hear well and there isn't background noise**
5) **Your phone will be muted throughout the presentations. If you want to ask questions participate with your completer and use the chant feature to ask a question**

Polar Star Lodge
Surviving the Pandemic of 2020

Jeri Lynn, our Sports and Activities Director, has been walking with a bit of running every single day since May 1st. Today or tomorrow I will have logged a total of 900 miles! This is the longest distance and streak I've ever had. Gets me outdoors even when it rains. Hoping to keep the streak going through the end of the year. I've earned a buckle and a few medals along the way. The buckle is my biggest pride. Had to log 635 miles to earn that! And even got to complete a race with two of my kids.

Aden presumably will leave for the Marine Corp Boot Camp next Monday, September 21st. Quite proud of him, I will miss him terribly and pray for his safety every single day for the next 8 years.

Joni Koehler has been embroidering a headpiece and cape additions to her Illinois Bunad and gardening.

Art Andersen is a member of Ingers Språkkrigere and says… "There must be an easier way for me to learn my Norwegian lesson from Inger". He has also been adding to his Norwegian Stamp Collection

Barb Johnson har been adding to her Covid Knitting collection and studerer norsk.

Matthew Johnson has been coaching his nephew, Cole Johnson's baseball team with his brother, Greg He has also been playing golf and working his 2nd job at Blackberry Golf Course.

Nancy Andersen is also a member of Ingers Språkkrigere and has been tending her vegetable garden.

Diana and Ed volunteered at the Evans Scholars Golf Invitational, attended a Social Distance Porsche Picnic, and are tending to their flowers. Diana selected a picture of the Irises that were transplanted from Karen Oswald previous house. Diana said, "We are missing SON members and activities"

Pat Baughman and her husband, Tom have both been hospitalized since we have seen them. They will be moving closer to their daughter into a one-story apartment at Farmington Lakes in November. We hope that they are both on the mend!

Vice President, Frank Krawczyk and Treasurer, Carol Devito

So What have Frank and Carol been up to lately?

Nothing really exciting. We seem to have a routine. Friday grocery shopping, Saturday out to dinner (dining outside), Sunday out to breakfast (outside). We play the card game Skip-Bo a couple of times a day. We really enjoy the game and it keeps us busy for a few hours. We also watch our favorite TV shows and a movie or two every week.

A few weeks ago, we went to an outdoor Jazz brunch at the Drury Lane. That was special!

Last week some friends invited us over for a BBQ. Wow! Actually visiting with friends that was so wonderful! Last week we also got our flu shots at Walgreens. They are available, so go get them!

Sunday, we attended Frank's yearly Fiero car show. Quite different from past years. Cars were all parked with an eight- foot space between, everyone wore masks and no food or beverages were available. But it was really great to see our Fiero Friends.

Carol's mask making update…

To date, I have made well over 300 masks. My family is really into my masks. They really like them. They have given them to their friends and other family members. My daughter, Jean, was out with two of her friends and she said all three of them were wearing masks made by me. My daughter Carol Aileen, has shared masks with friends who complain of their faces breaking out from wearing store-bought masks. My grandson, Luke, age seven requested masks with the Avengers "A" logo and the Captain America shield. I was able to draw those two. He also requested the Patriots emblem. I don't plan on attempting that one.

In my last update I mentioned I sent some masks to my friend in New Mexico. The other day I sent her twenty-four masks. Before I make more masks for her, she has to let me know what sizes she needs. Until then, I am on a mask making break.

Karen Oswald – Polar Star Secretary

Hi Everybody!
I hope you all have found a level of comfort with wearing a mask and self distancing.

I am so glad that I moved to and got settled in my new place last summer, and in January before all this craziness finally sold of my home of 32 years. I moved from the east side of Naperville to the far west side of town, so I am still able to socially distance with my old friends as well as the new friends that I've made here. I am absolutely loving my new home. I'm still excited and gushing about it a year later! It's 10 minutes closer to my son's home and 15 minutes closer to our Polar Star meeting place. I am also very grateful that my son, his family, and all my friends are safe and healthy.

I get out and walk every morning for about 2 miles. With all the extended heat this summer I was out walking just after sunrise. I have a treadmill, so I plan on using that on icy and sub-zero days throughout the winter. But being from Maine and half Norwegian, I will usually be out there walking even when it is cold, but safe to walk. I did the virtual walk from our lodge to Minnesota to Norway, and back again, and am currently doing the virtual walk with other Polar Star members back to Norway again. Since I already earned the bronze, silver, gold, and enamel walking pins several years ago, I'm now working towards earning the new walking medal.

I'm not a loner, but I don't mind being alone. I have used a lot of my time these months in the house working towards our Sons of Norway literature and knitting cultural medals. I belong to a book club, so I also have been doing other reading as well. And of course I have to admit that I've been doing a lot of TV watching…

In addition to knitting towards the cultural medals, I have also been crocheting scarves for our troops using these solid colors: black, olive drab, and camouflage brown. In addition, my community also sews Christmas stockings for the troops, which they deliver to "Operation Support Our Troops", an organization that fills them with appropriate items and ships them overseas to the troops in time for the holidays.

In the first weeks of this pandemic I found myself calling and talking with many friends and family, including people who I hadn't spoken with for years. I have spoken with many of them several times during these months. It's so important that we all keep and strengthen those connections. I also called and talked with some of our Polar Star members. We all should find time to call and chat with at least few members over these coming months. Many need that connection and warmth. Once the cold weather is here and we will get out even less, it will become even more important for us to do that. **If you need anyone's phone number, just contact one of these Polar Star officers: Ken Johnson, Barb Johnson, or Karen Oswald.**

Wear your mask, stay safe, and help others stay safe!
Also, be sure to vote, regardless of what method you choose!

Virtual hugs to you all!
Karen Oswald

Editor's Note: Perhaps we can create a Polar Star dugnad that will reach out to our shut- in members this fall!

POLAR STAR 2020 CALENDAR OF EVENTS

2020 programs have been suspended until further notice.

Send your favorite Norwegian Christmas Cookie recipes to Barbjjohnsonb@aol.com by October 14th for publication in the November newsletter.

Don’t forget to keep track of your Pandemic 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

Editor’s Note: Please download this form and use to track volunteer hours

Gratulerer Med Dagen
(Happy Birthday)
Polar Star!

Richard Vigsnes

Brooke Johnson

Leif Johnson

SEPTEMBER 15-30

21. Richard Vigsnes
22. Brooke Johnson
28. Leif Johnson

OCTOBER 1-14

7. Matthew Johnson
7. Richard Jensen

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Nasjonalforeningen for folkehelsen

TUBFRIM
NO-3540 NESBYEN - NORGE

SAVE YOUR STAMPS!

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Polar Star in the News… thanks Al Benson!

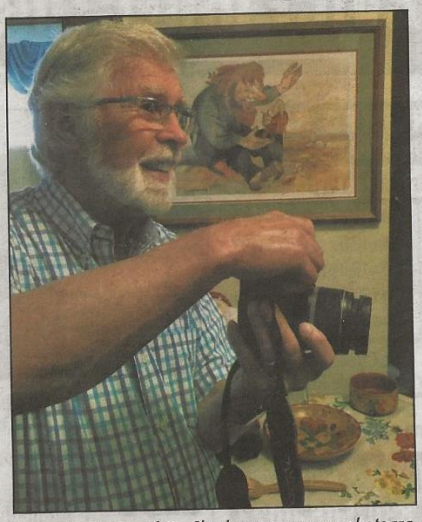
Yorkville, St. Charles Photographers Honored In Scandinavian Contest

MONTGOMERY, IL–Yorkville and St. Charles photographers have won honors in a Scandinavian photo contest.

Photos by Ken and Barb Johnson of Yorkville and Arthur Andersen of St. Charles scored in a first contest sponsored by Sons of Norway (SON) District 5. Some 331 photographers entered images.

The district encompasses east central U.S., including Illinois, Wisconsin, Indiana, Michigan and Tennessee. SON lodges promote, preserve and cherish appreciation of the heritage and culture of Norway and other Nordic countries.

Winning photos will appear in color on a deck of Nordic playing cards to be available by Christmas for $14. Photographers' names and lodges will be printed on the cards.

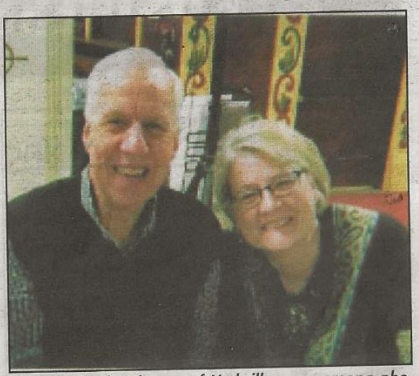


Arthur Andersen of St. Charles was among photographers honored in a contest sponsored by Sons of Norway District 5, east central U.S. (Submitted photo)

The Johnsons and Andersen are members of SON Polar Star Lodge 5-472. The lodge meets at 1:30 p.m. on the first Sunday of each month at St. Olaf Lutheran Church in Aurora. In-person meetings have been suspended since March due to the COVID-19 pandemic.

Ken Johnson, president of Polar Star, tied for first place among 10 People's Choice awards for his photo to "Nels and his Reindeer on the North Cape Road." His photo will appear on the District 5 deck of cards as the ace of hearts.

Johnson said he took the photo in 2015 on an annual July trip to Norway with his wife Barb. This year's trip to see children and grandchildren was placed on hold due to Coronavirus.



Ken and Barb Johnson of Yorkville were among photographers honored in a contest sponsored by Sons of Norway District 5, east central U.S. (Submitted photo)

Barb Johnson's photo, "Old Ardal Church," will appear on the four of diamonds card.

Andersen's photo, "Edvarg Griege at Troldhaugen," will appear on the five of hearts card. Andersen serves as Polar Star volunteer photographer, recording various events.

Winning photographers will receive a deck of Nordic cards and a participation certificate. Photographers were invited to submit up to five images taken in Norway.

Thanks to everyone who submitted articles and updates for this publication.

Please send "What have I been doing during the Pandemic" updates to barbjjohnsonb@aol.com for publication in the October newsletter.