

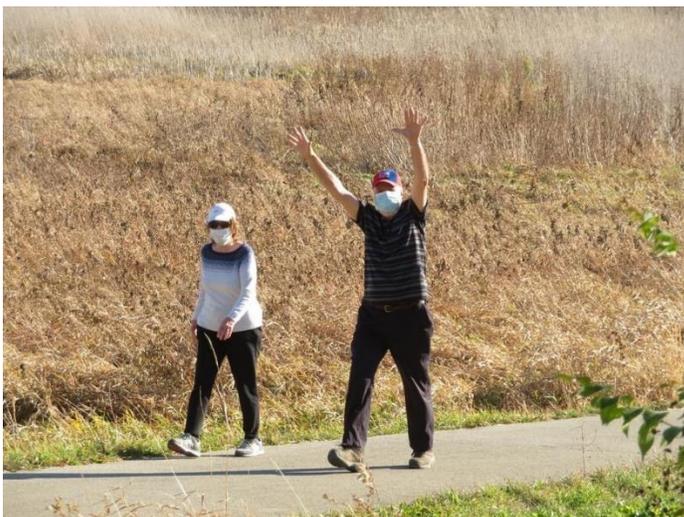
# Sons of Norway

## Polar Star Lodge 5-472

Events held on the first Sunday of the month  
Potluck at 1:30 p.m.

St. Olaf Lutheran Church – Douglas Road, Montgomery,

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President Ken celebrating with Phoebe Bergh the end of the 3 mile hike!  
**Dear Polar Star**

It was so great to get together in person at Waubensee to complete our Virtual Walk back to Norway. A huge thank you to our Sports Director, Jerri Lynn Baker, for organizing the event!

I am delighted to welcome Alan Betker and his daughter, Sasha, to our lodge along with JoAnne Ward. We look forward to meeting all of you when we are able to gather together in 2021.

**Tusen takk!**  
**From your President**  
**Ken Johnson**



President Ken picking up his carry out from Karen at the Anderson Family Fish Dinner on October 17<sup>th</sup>.

### Upcoming Polar Star Events

**Polar Star**  
**December Hike**  
**1:00 p.m.**  
**December 13<sup>th</sup>**  
See page 11

**District 5**  
**Genealogy Workshop**  
**Nov. 30-Dec. 1**  
See page 8

**Mystery of Nils**  
**Virtual Class**  
**Friday 10.00 a.m.**  
See page 10

**Jólabókaflód**  
See page 9

Polar Star Newsletter deadline  
14<sup>th</sup> of every month  
Please submit articles to Barb  
Johnson at  
barbjohnsonb@aol.com  
Follow us on Facebook.  
Sons of Norway – Polar Star Lodge

# POLAR STAR CULTURE CORNER..

by Barb Johnson

## Tid for julebakst!

(Time to start Christmas baking)

### POLAR STAR SYV SLAGS KAKER

#### OPPSKRIFTER (RECIPES)

Editor's Note: "Syv Slags" mean seven types which is a must for cookie making for the Norwegian Christmas season. You can make more than seven types, but never less than seven. The 2020 edition features the favorite cookie recipes from seven of your Polar Star Board members. Enjoy!

#### President Ken's favorite cookie: OATMEAL CRANBERRY CHOCOLATE COOKIES

##### Ingredients:

2/3 cup butter	1 teaspoon baking soda
2/3 cup brown sugar	1/2 teaspoon salt
2 large eggs	1 (6) ounce package dried cranberries
1 1/2 cups old-fashioned oats	2/3 cup white chocolate chips
1 1/2 cups flour	

Directions: pre-heat oven to 350 degrees

Beat butter and sugar together until light and fluffy. Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add dry ingredients to butter mixture mixing well. Stir in dried cranberries and chocolate chips. Drop by rounded teaspoonfuls onto ungreased cookies sheets. Bake for 10-12 minutes. Makes approximately 2-2 1/2 dozen cookies.

#### Vice President Frank's favorite cookie: NORWEGIAN BUTTER COOKIES

##### Ingredients:

1 cup butter  
4 eggs  
1/2 cup white sugar  
1 teaspoon vanilla extract  
2 cups all-purpose flour

##### Directions:

Preheat oven to 375 degrees F (190 degrees C).

Hard boil the eggs and separate the yolks. Cream butter and hard-boiled egg yolks together. Beat in sugar and vanilla. Add flour and mix thoroughly. Put through a cookie press or arrange by teaspoonful's on ungreased cookie sheets. Bake 10 to 12 minutes, or until lightly browned.

**Secretary Karen Oswald's favorite cookie recipe: PEALING BELLS**

2 cups flour	1 teaspoon grated orange peel
1 egg	1/3 cup shortening
1 1/2 teaspoons baking powder	3/4 cups sugar
1 Tablespoon milk	25 maraschino cherries halved and well-drained
6 Tablespoons butter	

1. Combine flour and baking powder
2. In large bowl, beat butter and shortening until combined. Add sugar and beat until fluffy. Add egg, milk, orange peel, vanilla and beat well.
3. Add flour mixture and beat until well mixed. Cover and chill 30 minutes until easy to handle.
4. Shape into two (8 inch) rolls. Wrap each in plastic wrap and chill overnight.
5. Cut into 1/4 inch slices. Place on ungreased cookie sheet.
6. For each slice: Place one cherry half on the bottom end. Fold in the sides of the slice, overlapping the top, and slightly covering the cherry at the bottom. Pinch in the sides slightly to resemble a bell shape.
7. Bake sheet at 350 degrees for 12- 14 minutes. Remove to rack and cool.
8. Makes 48-64 cookies.

**Treasurer Carol Devito's favorite recipe ORANGE CARDAMOM BUTTER COOKIES**

1/2 pound softened unsalted butter	1 egg yolk
1 cup granulated sugar	1/4 tsp. salt
2 tsp. fresh grated orange peel	2 cups all-purpose flour
1/2 tsp. ground cardamom	1/2 cup almond flour
3Tbsp. orange liqueur	8 oz. melted bittersweet chocolate,

Beat the butter and sugar together in the bowl of a stand mixer until light and creamy. Add orange peel cardamom, orange liqueur and egg yolk and mix until blended. Mix in flours and salt just until all dry ingredients are incorporated. Divide dough into 4 logs and form into 1-inch by 6-inch logs, about 1-inch thick. Wrap each in waxed paper and refrigerate for at least 4 hours or overnight.

Preheat the oven to 350 degrees. Line baking sheets with baking parchment and slice the chilled dough logs into 1/4 inch slices and arrange on the baking sheet, leaving a 1-inch space between each cookie. Bake until lightly golden brown, about 10-12 minutes. Place baked cookies on a cooling rack and cool completely. Line another cool baking pan with parchment paper and dip one long edge of each cookie in the melted chocolate. Place on the prepared pan and allow to cool until chocolate is set up. If you are planning to add a few festive holiday sprinkles, sprinkle them over the cookies while the chocolate is melted.

**Social Director, Nancy Andersen's favorite cookie recipe:**

**ANNA'S SERINAKAKER**

3 ¼ cups unsifted flour  
1 ½ tsp. baking powder  
¾ lb (3 sticks) butter, softened  
1 Cup sugar  
1 egg + 1 egg yolk, slightly beaten  
1 egg white, slightly beaten  
pearl sugar (or granulated or turbinado sugar)

Blend flour and sugar, and set aside. Cream butter and sugar. Mix in slightly beaten egg and egg yolk, and vanilla. Blend in dry ingredients. Form dough into small balls (¾ " or slightly larger), and place on ungreased baking sheet. Dip finger into egg white in a small bowl or shallow cup, and press a dent into the top of each ball. Sprinkle tops of cookie balls (where egg white is) with coarse pearl sugar, or other sugar. Bake at 350 degrees until they begin to color at the edges. (Don't let them get really brown.) Store tightly covered in a cool place.

**Culture Director, Barb's favorite recipe: CHRISTMAS PEPPERKAKE**

1 c. softened butter (smør)  
1 ½ c. sugar (sucker)  
1 egg (egg)  
1 ½ Tbsp. grated orange peel (appelsinskall)  
2 Tbsp. dark corn syrup (sirup)  
1 Tbsp. water (vann)  
3-1/4 cups all-purpose flour (mel)  
ekstrakt)  
2 tsp. baking soda (natron)  
2 tsp cinnamon (kanel)  
1 tsp. ginger (ingefær)  
½ tsp. ground cloves (nellik)  
**ICING (glasur)**  
1 egg white (egghvite)  
3 to 4 cups powdered sugar (melis)  
1 tsp. almond extract (manel)

In a large bowl, cream butter and sugar together. Add the egg and beat until light and lemon colored. Stir in the orange peel, syrup and water. Combine the flour with the soda, cinnamon, ginger, and cloves. Stir into the creamed mixture until dough forms. Gather into a ball and chill several hours or overnight.

Cover baking sheets with parchment paper or lightly grease them. Preheat oven to 325 degrees. Turn dough out onto a lightly floured pastry board and roll out dough to about 1/8 inch thickness. Cut into shapes and bake for 8-10 minutes until cookies are set but not overly browned. Cool.

Mix the egg white with the powdered sugar and almond extract to make a thin icing. Turn into a pastry bag with a writing tip and press icing onto cookies to decorate.

Makes about 8 dozen cookies

**Sports and Activities Director, Jerri Lynn's, recipe: LEMON MELT AWAYS**

3/4 cup plus 2 TBS butter softened  
1 1/2 cups powdered sugar divided  
1 TBS lemon zest and 1TBS fresh lemon juice  
1 1/2 cups all purpose flour  
1/4 cup cornstarch  
1/4 tsp salt

Preheat oven to 350 degree. Beat butter at medium speed until creamy. Add 1/2 cup powdered sugar; beat on medium speed until light and fluffy. Stir in zest and juice. In separate bowl whisk together flour, cornstarch and salt. Gradually add flour mixture to butter mixture, beating at low speed until just blended. Cover and chill 1 hour. Drop dough by level spoonful 2 inches apart on parchment paper lined baking sheet. Bake at 350 degree for 13 minutes or until lightly browned around the edges. Cool for 5 minutes. Toss warm cookies in remaining 1 cup powdered sugar. Lemon Melt aways are "A bit of sunshine on a blustery day".

Editor's note: The following recipe is Phoebe Bergh's award winning recipe that won our Lodge krumkake competition. No Christmas cookie list would be complete without it!

**SUE'S FAVORITE KRUMKAKE**

1 C. sugar  
1/2 C. cream  
1 1/2 flour  
1/2 C. butter (1 stick)  
2 eggs, separated

Cream butter and sugar. Add beaten egg yolks, then flour, then cream. Fold in egg whites last. Bake in krumkake iron until golden brown. Roll on wooden cone while warm to shape. wrapped in waxed paper. Yields 45

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**God jul og lykkelig bakst!**

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**District 5 Virtual Cultural Classes Begin**

**VIRTUAL GENEALOGY CLASS**

Event Date: **November 30th to December 1st, 2020**

Contact: Diane Maurer at dmaurer@nagcnl.org Norwegian American Genealogical Center & Naeseth Library 415 W. Main St., Madison, WI

### **Virtual Genealogy Class Details:**

The Sons of Norway District 5 Cultural Committee is pleased to offer an opportunity for you to develop your genealogy research skills while connecting with others from throughout the district who share your interest.

#### ***Virtual genealogy classes will be offered beginning this fall.***

If you are just beginning your family history research, or have little or no experience with Norwegian genealogical records, this class is for you. Topics covered in the class include common genealogical records for Norwegian and Norwegian-American genealogy, Norwegian naming customs, locating your ancestor's birthplace in Norway, Norwegian spelling variation, an introduction to DNA testing, and earning the genealogy cultural skills pin.

***The first two-day class will be held November 30 and December 1 at 10:00 a.m. Central.***

***The class will be repeated on January 9 and January 16 at 10:00 a.m. Central.***

**Class duration** is from 10 am to 2 pm central with 30 minutes for lunch. There can be time to visit informally during lunch.

**The special fee for Sons of Norway members for this special class is \$125 for the two-day class** and *includes 30 days of access to on-line genealogy information through NAGC&NL and a copy of the updated "Research Guide for Norwegian Genealogy: For Beginning and Experienced Genealogists" (a \$25 value).*

**Non-member friends may participate by either joining SofN or paying an additional \$25.**

**The instructor for the virtual genealogy classes is Dana Kelly, who serves as Executive Director of the Norwegian American Genealogical Center & Naeseth Library in Madison, Wisconsin.** She has been researching her own family history for nearly 30 years which led her to a Scandinavian Studies degree from UW-Madison where she learned to speak, read and write Norwegian. She has served on the board of directors for the Koshkonong Prairie Historical Society since 2009 and is a member of several Norwegian cultural and genealogical organizations including Sons of Norway, Vesterheim, Society for the Advancement of Scandinavian Study, Dane County Area Genealogical Society, and International Society of Online Genetic Genealogists.

**To register** for the class, give a class as a gift, or request further information, *contact Diane Maurer at [dmaurer@nagcnl.org](mailto:dmaurer@nagcnl.org) Norwegian American Genealogical Center & Naeseth Library 415 W. Main St., Madison, WI 53703 608-255-2224 (w)*

## **Christmas Traditions in Norway on Nordic News Broadcast**

Olivia Cook (Vennelag lodge – Mount Horeb WI) will be presenting "**Christmas Traditions in Norway**" on the November 17th Nordic News. Olivia grew up in Dane county Wisconsin and went to school in Norway for six months after her high school graduation. She came back to the U.S. to go to college, then went back to Norway for a year and married a Norwegian man. Olivia is now completing her doctoral studies in North Carolina. The focus of Olivia's presentation is to share with D5 members the differences between American and Norwegian Christmas celebrations. After hearing the preview of Olivia's talk, I'm sure that you will find this one of the best Nordic News presentations yet!

Tune in at 6:20 PM (Central);

By computer: <https://gotomeet.me/SofN-D5> 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-D5

# Culture Corner by Barb Johnson

**Julaffen 2020**

As most of you know I am a huge fan of the Icelandic tradition of “**Jólabókaflód**” which means “Christmas Book Flood”. This tradition originated during World War II when imports from foreign countries were restricted, but paper was cheap. Iceland’s population was not large enough to support a year- round publishing industry, so book publishers flooded the market with new books in the final weeks of the year. So, in Iceland, books are exchanged on Christmas Eve and the rest of the evening is spent reading a new book while nibbling on chocolate or drinking hot chocolate!

For the past two years we have been promoting this tradition at our monthly meetings to earn our Sons of Norway Reading Culture medals. For Polar Star Covid “**Jólabókaflód**” 2020, I suggest we make a few changes to the tradition. So...Polar Star friends...

- If you are interested in reading Norwegian Literature...
- If you are interested in earning a Sons of Norway Reading cultural medal...
- if you are just interested in receiving a book with chocolate..

Here’s what you do....

Send me your name by email (barbjohnsonb@aol.com) or snail mail (501 West Ridge Street, Yorkville, Il 60560) and include one of following options:

Option 1: Write down the Norwegian literature genre that interests you (crime, poetry, non-fiction, historical romance, Norwegian/American history, travel, etc).

Options 2: Write down the specific title of a book that you want to read over the winter (this can be any book you choose – the author does not need to be Norwegian).

I will match your information with another Polar Star member and send it back to you. Your job is to buy the book for your Polar Star friend and get it to them with “chocolate” before Christmas Eve. I hope you all decide to participate and we can share our book reviews in person or on Zoom in 2021.

For more information on Jólabókaflód tradition see the following articles below.

<https://www.countryliving.com/life/a46204/jolabokaflood-iceland-christmas-reading-tradition/>

<https://www.readitforward.com/essay/article/jolabokaflood-meet-favorite-new-holiday-tradition/>

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# The Mystery of Nils continues virtually...

In our Norwegian language course, we are getting to know...

- Erna, an 84 year old Norwegian grandma
  - Lise (48) her daughter
  - Susanne (8), Erna's granddaughter
- Many other people from different regions of Norway
  - Nils of course, but who exactly is Nils?  
You will have to find out for yourself!

Order your copy now from the link below

[https://www.amazon.com/Mystery-Nils-Part-Norwegian-Beginners/dp/3945174007/ref=sr\\_1\\_1?ie=UTF8&qid=1542161326&sr=8-1&keywords=Mystery+of+Nils](https://www.amazon.com/Mystery-Nils-Part-Norwegian-Beginners/dp/3945174007/ref=sr_1_1?ie=UTF8&qid=1542161326&sr=8-1&keywords=Mystery+of+Nils)



Ingers' Språktkrigere enjoying the last beautiful day of outdoor class before virtual learning begins.

It's never too late to become a "Språktkrigere"!! Please contact Barb if you are interested in logging in to our virtual meetings at 10:00 a.m on Friday mornings.

# Polar Star Sports and Activities

Polar Star Walkers met at Waubesa Community College on November 7, led by our “Viking Walking Warrior” Sports Director, Jerri Lynn Baker, to complete our virtual walk back to Norway.



**Polar Star “går på tur” at Virgil Gilman Nature Trail**



**Left: Polar Star members earn their walking medals on their walk back to Norway**

Left to right: Richard Vigsnes, Bergh, Jerri Lynn Baker, Ken Johnson, Diana Raimond, Barb Johnson, Matt Johnson, Joni Koehler;  
Right: hikers treated to “sveler” (Norwegian hiking pancakes)

**Polar Star will walk again on December 13<sup>th</sup> at the at Johnson Mound Forest Preserve at 1:00 p.m.**

# POLAR STAR CALENDAR EVENTS

December 13 Polar Star hike at Johnson Mount Forest Preserve at 1:00 p.m.

## Polar Star 2021 Calendar

Event dates are tentative pending Covid restrictions

JANUAR 3, 2021 – Polar Star 2022

February 7, Polar Star Penny Social

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## GRATULERER MED DAGEN POLAR STAR!

### NOVEMBER (16-30) BIRTHDAYS

17. Karen Lindebrekke

18. Nancy Andersen

18. Josie Gehler



### DESEMBER (1-15) BIRTHDAYS

2. Daniel Todd

3. Don Danielson

8. Kelsey Danielson

14. Vi Skogen

14. Alfred Sundfor

**Don't forget to fill out your Volunteer hours!!! Please turn in this form to Karen Oswald by December 15<sup>th</sup>.**

**Activity Volunteer 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 Activities** – Volunteer time spent on preparing, running or supporting projects/programs organized by Sons of Norway at a lodge, district or international level that were devoted to lodge business affairs, recreational/social events, training seminars, cultural classes, officer duties, etc. **Include only volunteer time** spent organizing, planning or working at/for the events. Do **not** include lodge meeting attendance time.

Member Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Lodge Meeting/Food (prepare food for pot luck; set/clean up; kitchen duty)													
Lodge Meeting Programs/Activities (plan/prepare/lead)													
Training/Seminars (plan/prepare/lead)													
Officer Duties													
Manage Newsletter/ Facebook/Website													
Board/Committee Meetings													
District or National Meetings/Training													
Other (describe)													
<b>TOTAL MEMBERSHIP HOURS:</b>													

- **Community Activities** – Record time that **you volunteered in the name of / on behalf of** Polar Star lodge, another Sons of Norway lodge, or SON district or international level at events focusing on community involvement/interest. **Include only your volunteer time** working at, planning for, or traveling to/from the event. Do **not** include time just attending.

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 breakfast/smorgasbord/etc (prep/food/work)													
Syttende Mai Parade/Banquet (prep/food/work)													
How to be a Viking (prep/food/work)													
Norwegian National League (plan/prepare/lead)													
Viking Ship (docent/manage/maintain)													
Red Hat Knitting													
Tubfrim													
Barnebirke/Norge Ski (prep/food/work)													
MSI Christmas Tree													
Other (describe)													
<b>TOTAL COMMUNITY HOURS:</b>													

Revised 2019