

# 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

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**President's Message**



**Greetings Polar Star Lodge!**

It is hard to believe that it will be a year since we have all been together! Who would have predicted that meeting by Zoom would become the norm for all of us! I would like to thank my son, Matthew, for all of his technical expertise in setting up zoom baking classes and meetings for us. Be prepared...Barb has plans for starting a zoom book club! The Polar Star Board will be meeting this week to begin planning for our future after we have all been vaccinated. We are hopeful that there is light at the end of this Covid tunnel.

**Your President,  
Ken Johnson**



### February Zoom Baking Almond Bars

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### Upcoming Events

Fern Dell Historical Association  
Kumla Dinner

February 20

Details on page 7

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### POLAR STAR MARCH EVENT

Zoom Baking

Saturday, March 6<sup>th</sup>

10:00 a.m.



See articles on page 6

**Polar Star Newsletter Deadline  
Will be the 14<sup>th</sup> of every month.**

**Please submit all articles to  
Barb Johnson at**

**[barbjohnson@aol.com](mailto:barbjohnson@aol.com)**

**Follow us on facebook @  
Sons of Norway – Polar Star Lodge**

**Visit our website**

**[www.polarstarlodge.com](http://www.polarstarlodge.com)**

## 14. Februar Mothers' Day in Norway



**Mother's Day in Norway** is celebrated on the second Sunday in February, which in 2021 falls on Valentine's Day, February 14<sup>th</sup>. Norwegian Mother's Day was first celebrated in Bergen on February 9, 1919. The celebration was initially held by religious organizations. But it was Dorothea Schljodager, teacher, social worker and proponent for women's rights, and Karen Platou, businesswoman and politician, who established it as an annual holiday. Their idea of Mother's Day was supported by non-government organizations, entrepreneurs, and mass media. Mother's Day is a family holiday. Mothers usually get breakfast and coffee in bed and are given flowers and gifts such as chocolates or cake. There are no other specific traditions associated with the day. However, sometimes it coincides with "Fastelavn" Day as it does this year. See page 3 on the newsletter for the history and traditions related to Fastelavn Day.

### Norwegian Mother's Day Vocabulary

- *Søndag* — "Sunday"
- *Sønn* — "Son"
- *Datter* — "Daughter"
- *Mor* — "Mother"
- *Sjokolade* — "Chocolate"
- *Middag* — "[Dinner](#)"
- *Rose* — "Rose"
- *Elske* — "Love" "Jeg elsker deg" – I love you!
- *Gave* — "Present"
- *Gratulasjonskort* — "Greeting card"
- *Morsdag* — "Mother's Day"
  
- *Feire* — "Celebrate"
- *Gavekort* — "Gift certificate"
- *Frokost på sengen* — "Breakfast in bed"

### Polar Star Zooms into 2021



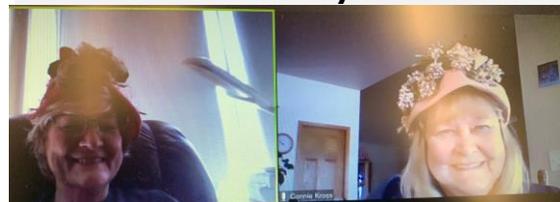
### February Baking Class



Jerri Lynn displays her almond cake

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### Ingers Språkkrigere Hat Days



Spring



Viking Power!!

# Polar Star Culture Corner

By Barb Johnson, Culture Director

## Fastelavn Søndag – February 14, 2021

The term *Fastelavn* comes from Old Danish *fastelaghen*, meaning "fast-evening", or the day before Lent.

**Fastelavn** is a Carnival tradition in the Northern European, and historically Lutheran, nations of Denmark, Norway, Sweden, Iceland and the Faroe Islands. Fastelavn is related to the Roman Catholic tradition of Carnival in the days before Lent, although after Denmark became a Protestant nation the festival adopted very distinctive characteristics. The holiday occurs the week before the Christian penitential season of Lent, culminating on Shrove Tuesday, the day before Ash Wednesday, the first day of Lent.

The traditions of Fastelavn vary somewhat between the countries, and local regions, and some traditions have changed over time. A common theme of Fastelavn in all the countries currently involves children dressing up in costumes, walking door to door while they sing and gathering treats for the Fastelavn feast, a form of trick-or-treat. Today, the festivities of Fastelavn are generally considered to be a time for children's fun and family games.

Here are my favorite Fastelavn traditions that have been celebrated at Polar Star Lodge since first introduced to us by Inger Langsholt, our Norwegian teacher, native speaker, "Come for Coffee" author and friend.

### **Fastelavsrisis:**

This is the week to cut some twigs from trees that will eventually bud. In Norway, twigs from Birch trees or fruit trees work well. (I cut twigs from my Potentilla bush since its two steps from my front door). Decorate the twigs with feathers, bird shapes or egg shells. Children in Norway have been known to wake their parents up with a "Birch switch" touch on Fastelavn Sunday. I just like to place mine in a vase with water and watch it bud to remind me that Spring is on its way!

The *fastelavsrisis* custom was known in 18th century in Germany and it has several roots. It may originate from an old pagan fertility ritual, which has been absorbed into Christianity. The more serious one is that after the reformation, particularly pious people used to lightly flog their children on Good Friday to remind them of the sufferings of Christ on the cross. A similar custom is mentioned in the book "Frauenzimmerlexicon", published in 1715 in Leipzig (Germany), which describes how bachelors and virgins "bid each other goodmorning" by flogging each other and spreading ashes on each other. This custom is also known in both Denmark and Norway.

Earlier, it was mainly the young women and the infertile who were flogged. It was also common that a young man would carry his "fastelavnsris" and gently strike at young women he met on the street. Later it became the children's special right to flog their parents on this day. In any case, the reward given for the flogging would be a fastelavnsbolle.



**Creating Fastelavnsris 2019**



**Polar Star fastelavn boller baking at Carnival 2019**

**Fastelavn boller: Whipped cream yeast rolls**

These delicious whipped cream and almond past filled yeast rolls are a very popular seasonal treat in Norway in the days leading up to lent. Many young people will go door to door dressed in costume singing the fastenboller song in hopes of receiving this delicious treat.



Fa-ste-lavn er mit navn, bol-ler vil jeg ha - ve,



hvis jeg in-gen bol-ler får, så la-ver jeg bal - la - de.

# Fastelavnsbolle

## Ingredients

75 grams (5 Tbsp) butter  
300 ml (1 ¼ cups) milk  
10 g (3 ¼ tsp ) instant fast action dried yeast  
½ tsp salt  
55 g (1/4 cup) sugar  
1 tsp freshly ground cardamom  
500 g ( 3 ½ cups) all purpose flour – extra may be needed  
1 egg

## Filling

200 g (7 oz) mandalmassa (almond paste)  
120 ml (1/2 cup) milk  
240 ml (1 cup) whipping cream  
Powdered sugar for dusting

Melt butter in a saucepan over medium heat. Add the milk and heat until luke-warm (104 degree F). Remove from heat and mix in the yeast.

Combine salt, sugar, cardamom and most of the flour in a large bowl until thoroughly mixed.

Make a well in the center of the dried ingredients and add the milk mixture and the egg. Knead the dough for about 5 minutes, until it is sticky, but doesn't stick to your hands, using the minimum amount of flour possible. Cover the dough and let it rise for about 30 minutes

Place the dough on a lightly floured surface and knead until smooth adding flour as needed if the dough is too sticky, but keep the addition of flour to the bare minimum. Line two baking sheets with parchment paper. Work the dough into balls of the desired size and place on the baking sheet. Continue until all the buns are formed to the size desired and let rise, covered with a kitchen towel, 30-40 minutes.

Heat the oven to 390 degree- 435 degrees). Bake between 10- 25 minutes depending on the size of the rolls. When they are nicely browned remove them from the oven and let them cool completely under a kitchen towel. The buns freeze well so you make them ahead of time and thaw before continuing to the next step.

Slice a thin portion off the top of each bun and set aside. Using a fork, scoop out a small layer of crumbs from each bun and reserve them in a bowl. Grate the almond paste using the small holed side of the grate and combine it with the reserved crumbs and the ½ cup of milk. Blend everything well until it forms a thick paste. Fill the hole in the bun with a mixture trying to keep it all contained within the bun.

Whip the heavy cream until very stiff and pipe or spoon the cream over the top of the paste filling creating a large mound. Place the lids of the buns on top of the cream and dust them with powdered sugar right before serving. They are best eaten on the day they are filled within a couple of hours

Polar Star Sports and Activities

**POLAR STAR VIRTUAL WALK TO RINGSAKER, NORWAY**

by Sports Director, Jerri Lynn Baker



**Keep Walking – we are walking the ancient road from Florence to Rome.  
Please be careful in these subzero temperatures.  
342 miles to walk by July 31<sup>st</sup>!**

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**Polar Star Zoom Baking  
March 6<sup>th</sup> – 10:00 a.m.  
Smørbrød**



**Polar Star will be learning to make open faced sandwiches to complete our 3<sup>rd</sup> recipe toward our Traditional Norwegian Cooking Part 1 Medal. Please email Barb if you will be joining our class. [barbjjohnsonb@aol.com](mailto:barbjjohnsonb@aol.com)**

FERN DELL HISTORIC  
ASSOCIATION

# DRIVE- THRU KUMLA DINNER

**\$12/dinner - includes 3 dumplings, ham  
& applesauce.**

**SATURDAY, FEBRUARY 20TH**

**3PM - 6PM**

**AT NEWARK FIRE DEPARTMENT**

All orders will be taken on WEST side of Fire  
Department. Enter on Jackson Street from the  
SOUTH. **NO PRE-ORDERS/TICKETS NEEDED!**

Any questions please contact Marilyn Thompson  
815-736-6190

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## Polar Star 5-472 2021 EVENT SCHEDULE

All on site events are still on hold due to Covid restrictions.

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

<b>Feb 20</b>	<b>Fern Dell Drive Thru Kumla Dinner</b>
<b>March 5</b>	<b>Traditional Norwegian Cooking on Zoom</b>
<b>April 3</b>	<b>Traditional Norwegian Cooking on Zoon</b>
<b>May 2</b>	
<b>June 5</b>	<b>Norsk Museum Open House</b>
<b>Date TBD</b>	<b>How to Be a Viking – Yorkville Public Library</b>
<b>August 8</b>	<b>Polar Star Indoor Picnic</b>
<b>September 12</b>	<b>Vasa Park – Scandinavian Days</b>
<b>October 3</b>	<b>Norge</b>
<b>November 7</b>	<b>Polar Star Høstfest</b>
<b>November 13 ??</b>	<b>Norsk Museum Smørgåsbord</b>
<b>December 5</b>	<b>Juletrefest</b>

## Polar Star Book Review

by Karen Oswald

### “The Legacy” by Yrsa Sigurdardóttir

You may recall that for the last two years Polar Star has encouraged the Icelandic tradition of “Jólabókaflód” (“Christmas Book Flood”) at our monthly meetings, where we have shared favorite Scandinavian books/authors and chocolates. Scandinavia has a long history of avid crime fiction readers and writers.

Often called Iceland’s Queen of Crime, Yrsa Sigurdardóttir is a popular and prolific author. “The Legacy” is the first book in her “The Children’s House” series, with central characters police detective Huldar and child psychologist Freyja.

Newly-promoted and out of his depth, detective Huldar turns to the Children’s House and psychologist Freyja for their expertise with traumatized young people, to try to coax a statement out of the little girl who witnessed her mother’s horrific murder. The Children’s House is a safe place, where kids are taken to be interviewed after extreme difficulties. Freyja and Huldar have met before but choose to not share that with their co-workers or others.

The killer leaves strange scribbled-numbers clues. Some marijuana-smoking students obsessed with CB radio notice some cryptic, coded messages that seem to be related to those clues, but they don’t feel a need to contact the police.

The supporting characters are varied, and all are well-developed and believable.

The plot is layered and complex; a dark and twisted police procedural woven with long-standing family history and chilling secrets. Tension builds and is felt throughout... a slow-burning thriller.

I’m looking forward to reading the remaining two books in the Children’s House series (also referred to as the Freyja and Huldar series): “The Reckoning” and “The Absolution”. If you don’t find Yrsa Sigurdardóttir’s books in your library, ask if they available through inter-library loan.



# HURRAH FOR DEG POLAR STAR!



**Al Bergh 88 gammel år**

<b>FEB 16-28</b>	<b>GRATULERER MED DAGEN</b>	<b>MARCH 1- 15</b>	<b>GRATULERER MED DAGEN</b>
<b>16</b>	<b>JEREMY OLSON</b>	<b>4</b>	<b>BETTY LANDORF</b>
<b>17</b>	<b>KAREN S. ANDERSON</b>	<b>6</b>	<b>CHASE AUSTIN</b>
<b>20</b>	<b>PHILIP NELSON</b>		
<b>27</b>	<b>RICHARD LARSON</b>		
<b>29</b>	<b>ED HATTEBERG</b>		



**Al Bergh**



**Ed Hatteberg**



**Al Benson**

