

# 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



**Aloha Polar Star Lodge! Friluftslivedt vårt!**

I hope all of you are spending time outside this month! Thanks Jerri Lynn for pushing us to get outside and enjoy nature! I also hope all of you are spreading the word and gathering your friends and family to attend the performance of the Stoughton Norwegian Dancers on March 6<sup>th</sup>. I would really like to have a nice crowd for them. Looking forward to hosting the group and sharing this outstanding Polar Star event with the community.

**Your President,  
Ken Johnson**



## Upcoming Events POLAR STAR MARCH EVENT

Stoughton Norwegian Dance  
Troupe

Sunday, March 6<sup>th</sup>  
1:30 a.m.

Cross Lutheran Church

See flier on page 3

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

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

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

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

# Vesterheim Folk Art School

## 2022 Spring Classes

The Vesterheim Folk Art school registration through June 2022 is open with new online and in-person classes in rosemaling, woodworking, metalworking, jewelry, cooking, fiber arts, weaving and heritage and language, plus special family programming.

Follow this link for full class listing and Registration procedures.

<https://vesterheim.org/folk-art-school/folkartclasses/>



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# Norwegian Dance Troupe Performance

Cross Lutheran Church Gymnasium

8609 Rt. 47, Yorkville, IL

Sunday, March 6, 2022

1:30 p.m.



The Sons of Norway Polar Star Lodge 4-472 will host a live performance of the Stoughton, Wisconsin, Norwegian Dance troupe on Sunday March 6, 2022. The traveling troupe consists of high school students who perform traditional Norwegian folk dances in authentic Norwegian folk costumes (*bunader*) throughout the Midwest.

The performance is free and open to all vaccinated and masked members of the community. A free-will donation is encouraged to cover the dancers traveling expenses. Doors will open at 1:00 and the performance will begin at 1:30 p.m. Polar Star Lodge members will sell traditional Norwegian pre-packaged baked goods and drinks following the performance.

For more information contact Polar Star Cultural Director, Barb Johnson, at 630-553-7389 or [barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com)

# Polar Star Culture Corner

By Barb Johnson, Culture Director

## Fastelavn Søndag – February 27, 2022

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.



**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  
**FRILUFTSLIVET (THE OUTDOOR LIFE)**

by Sports Director, Jerri Lynn Baker



**Polar Star members commit to spending time outside this month! Remember to keep a journal with pictures of the fun you are having as you enjoy the great outdoors!**



# Penny Social 2022



# Polar Star 5-472 2022 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)

March 6	Stoughton Norwegian Dancers – Cross Lutheran Church 1:30 p.m.
April 3	Frimerker med Art
May 1	TBD
June 4	Norsk Museum Open House
August 7	Polar Star Viking Games Picnic
September 11	Vasa Park – Scandinavian Days
October 2	TBD
November 6	Polar Star Høstfest
December 4	Juletrefest

## Sons of Norway Zoom Book Club MARCH 31- 6:00 p.m. central time

### March Selections

Main Read: *Peer Gynt* by Henrik Ibsen

Mystery Read: *Burned* by Thomas Enger

To participate contact:

Bill Browing

Sons of Norway Book Club Coordinator

SonsofNorwayBookClub@gmail.com

Editor's Note: The state mask mandate is scheduled to be lifted on Feb. 26.

# HURRAH FOR DEG POLAR STAR!



<b>FEB 16-28</b>	<b>GRATULERER MED DAGEN</b>	<b>MARCH 1- 15</b>	<b>GRATULERER MED DAGEN</b>
<b>20</b>	<b>Phillip Nelson</b>	<b>4</b>	<b>BETTY LANDORF</b>
<b>29</b>	<b>Ed Hatteberg</b>	<b>6</b>	<b>CHASE AUSTIN</b>



**Sons of Norway**  
**Polar Star Lodge 5-472**  
**Regular Meeting, February 6, 2021**

**St. Olaf Lutheran Church**  
**1233 Douglas Avenue**  
**Montgomery, IL 60538**

The lodge met in person in St. Olaf's Lutheran Church basement. Vice President Frank Krawczyk called the meeting to order at 2:10 PM, following a 1:30 PM delicious pot luck luncheon including meatloaf, shepherd's pie, chicken pot pie, and many favorite side dishes and desserts.

**President's Announcements:**

- Vice President Frank opened the meeting and welcomed everyone. Al Berg provided the prayer.
- Frank reminded about our Lodge is sponsoring a free, open-to-the-public Stoughton High School Norwegian Dancers performance on March 6 at the Cross Lutheran church in Yorkville, IL. All Polar Star members should bring homemade Norwegian cookies and pastries to sell to the public, packaged in zip lock bags as we always do for the annual Vasa Park events. Frank encouraged all of us to wear our Polar Star vests.

**Treasurer's Report:** Carol read the Treasurer's report (copy attached). Ending balance of \$19,294.81.

**Secretary's Announcements:**

- Karen encouraged more members to submit their 2021 volunteer hours tracking sheets. It is important to submit our volunteer hours in order to help maintain the tax exempt status for the national Sons of Norway organization. Only twelve Polar Star members have submitted volunteer hours tracking sheets, with a total of 420 volunteer hours directly benefiting our Polar Star Lodge, and 451 hours volunteering in the name of Sons of Norway for community services.
- Reminder about the large amount of information available on our own Polar Star Lodge.com website.

**Social Director's Announcements:**

- Nancy is still looking for volunteer kitchen helpers for a couple of our monthly meetings. She encouraged those who have never done it before to sign up. Several months need an additional volunteer, since they only have one person signed up as of now. There are always plenty of other members around to help. Responsibilities, providing the main dish, setting up the room, ½ gallon whole milk, and clean up afterwards. Full directions are posted on our Polar Star Lodge website.
- Nancy told us about this past weekend's exciting annual event at the Norge Ski Jump in Fox River Grove, IL. Three Members of that 100+ year old facility qualified for this year's Olympics going on right now in Beijing China. Much publicity about that facility and the three qualifiers in our Chicagoland newspapers and television stations. The crowd of about 10,000 people very many persons of Norwegian heritage. She encouraged all of us to consider going next year.
- Norwegian National League scholarship program deadline is coming up within a couple of weeks. See the Norwegian National League website for details.
- Norwegian National League's annual Syttende Mai celebration is tentatively planning their annual dinner at the Park Ridge Country Club, with a Covid-safe parade in Park Ridge.

- Cookies for the annual Barnebirke are being collected on the shelf in the kitchen. Money donations are always welcome.

### **Sports Director's Announcements:**

- Jerri Lynn announced that Tom Harkins earned the silver Gangemerke medal for walking.
- Carol and Richard Vigsnes both earned the cross pin for the virtual walk to St. Francis. In addition, Carol earned the Idrettshelt pin and Richard earned the enamel Gangemerke pin.
- Jerri Lynn earned the gold Sykkelmerke pin for bicycling.

### **Other Announcements:**

- Roald Berg spoke about the Norsk Museum, its annual newsletter, the museum's plans for celebrating the upcoming 2025 Bicentennial of the Sloopers sailing to the United States from Norway. He also mentioned that there is a committee applying to have a postage stamp issued as part of the celebration.
- Steve Tanda also discussed those and more Norsk museum activities. Most of the Sloopers stayed in the Norway Illinois area; the Norsk museum and some surrounding monuments celebrate this. Long history of Norwegian residents in the area. Steve discussed the importance and role of docents volunteering for the museum, which is open May to September, Saturdays and Sundays 1 PM to 5 PM. He also talked about the tentative annual fundraising breakfast on opening day, first Saturday in June.
- Roald and Steve also spoke about an upcoming O'Hare airport exhibition celebrating all the immigrants and immigrations coming to the Chicago area.
- Vasa Park is holding a fundraising banquet on March 26. Steve encouraged all of us to go to their website to purchase tickets for the banquet.
- Mention was made of the very informative, very interesting newsletter issued by the Sons of Norway in Jacksonville Florida. The latest newsletter described all the February holidays celebrated in Norway.
- Polar Star delegates will be attending the Sons of Norway District 5 convention June 15-19 in Middleton, Wisconsin. Anyone can attend the Norwegian culture classes; you don't have to be a delegate!

**Next Meeting:** Instead of our usual meeting in March, we will be sponsoring the Stoughton High School Norwegian Dancers on March 6. Be sure to wear your Polar Star vest and bring your home made Norwegian desserts in zip lock bags, priced to sell at a dollar each. Our next regular meeting will be Sunday, April 3 with pot luck and a Stamp Collecting program presented by Art Anderson.

**Meeting Adjournment:** The meeting was adjourned at 3 PM.

**Today's Program:** Following the meeting, Frank conducted our annual penny auction. As usual, great fun was had by all!

Respectfully submitted,  
Karen Oswald, Secretary