

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,



Dear Polar Star

I want to start out with a big “Thank You” and “Way to Go”! Everyone pulled together and we were just a little short of our two best Høstfests. Not bad considering we haven’t had one for two years. I hope everyone is looking forward to our Juletrefest. It’s such a great time and the kids have so much fun. Have a wonderful Thanksgiving and I can’t wait to see you all in December!

Tusen takk!
From your President
Ken Johnson

Polar Star and Friends
decorated the
Norwegian Tree
at the
Museum of Science and
Industry’s 80th
Christmas Around the World
Exhibit runs through Jan. 8th



Upcoming Polar Star Events

December 4

FAMILY JULETREFEST

Tree Trimming at 1:00 p.m.

Potluck at 1:30

See article on page 2

Polar Star Newsletter deadline
14th of every month

Please submit articles to Barb
Johnson at

barbjjohnsonb@aol.com

Follow us on Facebook.

Sons of Norway – Polar Star Lodge

POLAR STAR JULETREFEST

SUNDAY, DECEMBER 4, 2022

Småkaker (Cookie) Auction

Tree trimming at 1:00 p.m.

POTLUCK BEGINS AT 1:30



Plan to attend our Traditional Norwegian Christmas Celebration with your children and grandchildren. Bring your favorite Christmas dish to pass and your own table service.

Polar Star Cookie Baking 2022. Julebaking has become a fun tradition at Polar Star. This year we will continue our new Polar Star Cookie Auction. We will auction off tins of cookies baked by our fabulous baking members. To enter the contest, place sju slags (7 different kinds) of your favorite Christmas cookies in a cellophane covered container. President Ken will auction off each tin to the highest bidder with the proceeds donated to the Sons of Norway Foundation. The winning bidders will take home a ready to take tray of delicious cookies and the baker with the highest bid on their tray of cookies will receive a Polar Star “Top Baker” Award.

There **WILL BE** a POLAR STAR ADULT GIFT EXCHANGE this year (\$20.00 gift limit). Children will still receive their own gifts – so parents and/or grandparents please bring a wrapped gift with your child’s name attached to the gift so that the Julenisse will know who to deliver it to. Tree trimming **will** begin at 1:00 p.m. followed by our potluck at 1:30 p.m. We also plan to gather around the juletre and listen to Norwegian Christmas music.

Editor’s note: Please read the recommendations about participating in the Polar Star **Jólabókaflód** explained on page 7 of the newsletter.

Polar Star Sports and Activities

by Jerri Lynn Baker



Nancy Andersen is the lucky winner of the 2023 Polar Star "Turkey Trot".

Nancy walked 63.33 miles and participated in all of the weekly challenges for the month of October. Week 1: Find fall colors, Week 2: find a skeleton, Week 3: wear pink for Breast Cancer, Week 4: find something that reminds you of Norway and week 5: Find the American flag for Veterans Day! Congratulations Nancy!!



POLAR STAR CULTURE CORNER..

by Barb Johnson

Tid for julebakst!

(Time to start Christmas baking)

Norwegian Christmas Cookies are a big part of holiday festivities. Historically, butter was an expensive treat that was sold off the farm to pay the bills, but during the holidays, even the poorest rural families kept butter at home for a variety of festive holiday treats. As the custom goes, each family would make 7 types of cookies, known as the 7 cookies of Christmas (*syv slags julekaker*).

Here are the Polar Star Syv Slags julekaker 2022 OPPSKRIFTER (RECIPES)



God jul og lykkelig bakst!

Editor's Note: As many of you already know our good friend and Polar Star Norwegian Culture Teacher, Inger Langsholt, had a stroke in September and is recovering in a Rehab Center in Rockford. Inger loves Christmas, and in her honor, I have chosen to feature seven of her favorite småkaker (Cookies) from her book, "Come for Coffee"...a gathering Of Favorite treats from the OLD CUNTRY. I hope you will try them this year!

Danish Butter Cookies

1 ¼ cup butter

1 ½ cup sugar

3 egg yolks unbeaten

2 ¼ Cup flour

1 tsp baking soda

1 tsp cream of tartar

1 ½ tsp vanilla extract

Directions:

1. Cream butter and sugar
2. Beat in yolks one at a time.
3. Add remaining ingredients and mix well.
4. Roll dough into small balls.
5. Place on ungreased cookie sheet and press the cookie with a glass dipped in sugar.
6. Bake at 325 degree F for 12-15 minutes

Berliner Kranser

$\frac{3}{4}$ cup butter, softened	4 cups flour
$\frac{3}{4}$ cup shortening	1 egg white, beaten
1 cup sugar	2 TBLS pearl sugar
2 eggs	

Directions:

1. Mix thoroughly butter, shortening, 1 cup of sugar and eggs.
2. Shape dough by rounded teaspoonfuls into ropes about 5 inches long and form a wreath.
3. Place on cookie sheet. Brush with egg white and sprinkle with pearl sugar.
4. Bake at 350 degrees F. for 8-10 minutes.

Ragnhild's Napolean Hats

250 grams flour	<u>Filling:</u>
160 grams butter	200 grams ground almonds
80 grams sugar	200 grams confectioners sugar
1 egg	2 egg whites and water as needed (about 2 TBLS)

Directions:

1. Mix all ingredients together. Chill dough several hours or overnight.
2. Roll out dough. Cut out circles with a glass.
3. Mix filling – add a little water if the dough seems dry.
4. Place a teaspoonful of filling on each circle.
5. Fold into the shape of a three-cornered Napolean Hat.
6. Place on cookie sheet. Bake at 350 degrees F. for 12-15 minutes.
7. Check often, they burn easily.

Salvation Army Bars

2 TBLS butter	1 cup brown sugar
$\frac{1}{3}$ cup flour	1 cup almonds
$\frac{1}{8}$ tsp baking soda	2 beaten eggs
$\frac{1}{8}$ tsp salt	1 tsp vanilla

Directions:

1. In 9 x 9 x2 pan, melt butter in oven. Combine flour, soda and salt.
2. Stir in brown sugar and nuts.
3. Stir in eggs and vanilla.
4. Pour batter over butter in pan. DO NOT STIR.
5. Bake 350 degree F. for 20 minutes
6. When cooled sprinkle with confectioners sugar

Almond Shells

200 grams butter 1 egg
2 dcl sugar 100 grams ground almonds
3 ½ dcl flour

Directions:

1. Combine all ingredients and refrigerate.
2. Mold cold dough into "sandbakkels" pans
3. Bake at 375-400 degrees F. until golden
4. Remove from pans when cool. May be served as is or with fruit and shipped cream.

Coconut Dreams

225 grams butter 3 ¾ dcl flour
1½ dcl sugar ¾ hartshom
1½ dcl coconut

Directions:

1. Cream butter and sugar
2. Add other ingredients.
3. Roll into small balls.
4. Place on cookie sheet – not too close together.
5. Bake at 300 degrees F. 15 minutes

Caroline's Chocolate Truffles

1 pkg. (regular size) Oreo cookies – crushed
8 oz pkg cream cheese- softened
1 pkg white almond bark
1 pkg chocolate almond bark.

Directions:

1. Mix Oreos and cream cheese
2. Roll into small balls and chill for 1 hour.
3. Melt ¾ pkg white bark. Dip Oreo ball into the melted white bark. Set for 15 minutes.
4. Melt ¼ pkg chocolate bark. Drizzle onto white balls.
(You may also dip balls in chocolate bar first and then drizzle with the white bark)

Jólabókaflođ

by Barb Johnson

A Scandinavian Christmas Eve Tradition....

Jólabókaflođ 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 your new book while eating your favorite chocolate!

As most of you know, your Culture Director loves Norwegian literature and encourages all of you to participate in this tradition. **Bring your favorite book written by a Norwegian or Norwegian American author and a large chocolate bar to the December meeting and take home a new book for your Christmas pleasure.**

For more information on Jólabókaflođ:

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

December 2022 Book Club Selections

Main Read: *For the Love of Cod* by Eric Dregni

Mystery Read: *The Redbreast* (Harry Hole #3) by Jo Nesbo.

Zoom Meeting/Discussion Date & Time: December 29 6:00 p.m.

Sons of Norway Book Club 2023

Polar Star “boklesere” (book readers)....The 2023 schedule for the Sons of Norway Book Club has been finalized.

January 2023 Book Club Selections

Main Read: *We Die Alone* by David Howarth. Published: 1955

Mystery Read: *Eva’s Eye* (Inspector Sejer #1) by Karin Fossum. Published: 1995 (Norwegian original)

Zoom Meeting/Discussion Date & Time: January 26 6:00 p.m.

February 2023 Book Club Selections (a special two mystery month)

Main Read: *A Doll’s House* by Henrik Ibsen. Published: 1879

Mystery Read: *The Heirloom Murders* (a light mystery) by Kathleen Ernst. Published: 2011 and

Mystery Read II: *The Man Who Smiled* (Kurt Wallander #4) by Henning Mankell. Published: 1994 (Swedish original) **Zoom Meeting/Discussion Date & Time:** February 23 6:00 p.m.

March 2023 Book Club Selections

Main Read: *A Doll's House, Part 2* by Lucas Hnath. Published: 2017

Mystery Read: *The Man Who Died* by Antti Tuomainen. Published: 2017 (Finnish original) Zoom Meeting/Discussion Date & Time: March 30 6:00 p.m.

To join the Sons of Norway Book Club, send an email with your name, lodge name and contact information (phone number and email address) to SonsofNorwayBookClub@gmail.com

“The Northern Lights”

From *North in the World* by Rolf Jacobsen

The day that rises with tears in its throat
behind shaggy horizons is not
a real day, but
all the dead
disowned days that didn't make it into anyone's heart.
Days of need, of hunger and chill, which
sneak back here at night and try
to shine a little sun and pour a little light
from starving, withered breasts.

Timidly it raises
Its face now behind a hundred forests
and stares with burning eyes
out over kingdoms it wasn't allowed to love

Now it moves its fingers
and shakes night's black picket fence
and tries again and again to kindle a smoldering Sunday
that fades,
dwindles and is blown out by the cold.
Far out in the west – far off to the east
It tries to slip through, but the night's
walls are built of granite
and its pillars of steel.

Stare through the panes,
come out on the roads bareheaded, and stand
In clusters at the crossroads:
Slowly the struggler's arms sink down.
In silence she rips her clothes to pieces,
then burns them on
the cold's brilliant bonfire.
The smoke
blazes up over the forests.
The smoke
blows down over the tops of spruce and the low houses
on the moors.
The smoke
freezes to ice in the sky, so tomorrow
is streaked gray with weeping.



POLAR STAR CALENDAR EVENTS

Desember 4 Polar Star Julefest - St. Olaf Lutheran Church – 1:00

2023 Polar Star Kitchen Committees

December 4: Polar Star Board Members

**Volunteers needed for 2023 Monthly Event Kitchen Committee
Contact Social Director Nany Andersen to sign up for your month of choice.**

Polar Star Calendar 2023

**8 JANUAR 2023 – Norwegian American Women
February - Polar Star Penny Social and Soup Competition**

GRATULERER MED DAGEN POLAR STAR!

NOVEMBER (15-30) BIRTHDAYS

- 17. Alan Betker**
- 18. Nancy Andersen**
- 18. Josie Gehler**



DESEMBER (1-15) BIRTHDAYS

- 3. Don Danielson**
- 8. Kelsey Danielson**
- 14. Vi Skogen**
- 14. Alfred Sundfor**
- 19. Carol Vigsnes**



Eleanor Bates

will turn

99

On January 1st

Please send her a
Happy New Year
Birthday Card

Eleanor Bates
The Holmstad, # 217
831 N. Batavia Avenue
Batavia IL 60510

Editors Note:

**The Sons of Norway Tubfrim program is on a pause
Hopefully Sons of Norway will
continue the program in 2023 with new sponsors.**



TUBFRIM
NO-3540 NESBYEN - NORGE





**“Taste of
Norway”
2023
Høstfest
The**





The fun!!

The Food!!



Don't forget to fill out your Volunteer hours and turn it in at the Dec. 5th Julefest

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)													
TOTAL MEMBERSHIP HOURS:													

- **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)													
TOTAL COMMUNITY HOURS:													

Revised 2019

Sons of Norway
Polar Star Lodge 5-472
Regular Meeting, October 2, 2022

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

The lodge met in person in St. Olaf's Lutheran Church basement. President Ken Johnson called the meeting to order at 2:20 PM, following a 1:30 PM delicious pot luck luncheon. Kitchen hosts were Phoebe and Al Bergh.

President's Announcements:

- President Ken opened the meeting and welcomed everyone. Ken introduced new member JoAnne Ward and her husband Mike.
- Attendance at this year's Vasa Park event in early September was down due to severe weather and heavy rain. Ten vendors (including us and our Polar Star booth) unfortunately pulled out. It was the right thing to do.
- Norske Museum Smorgasbord on Saturday October 8th .Tickets \$25 per person (advance tickets only). Please start baking your Norwegian goodies for the dessert table. Contact Dave Johnson for tickets. Seatings at 3:30 and 5:30 PM.
- Cleng Peerson Lodge will be celebrating its 50th anniversary on October 23, 2022, at the K of C in Ottawa, IL Guest speaker will be Susan Meyer, Norwegian Honorary Consul for Illinois. Social time at Noon, Dinner at 1 pm. \$40 per person. Contact Rich Gunderson for reservations. There will be a Polar Star Table.
- Many of you may be aware that our Norwegian friend, Inger Langsholt, who has a table selling Scandinavian items at our Host Fest also at other events that we attend, and who has shared Norwegian coffee traditions with our Lodge, is currently in the hospital in Rockford and will likely be in rehab for considerable time. Contact Barb or Karen for information and hospital/rehab mailing addresses.

Treasurer's Report: In the absence of our treasurer Carol, President Ken read the Treasurer's report (copy attached). Total assets of \$15,547.75.

Social Director:

- Norske Museum Smorgasbord – Polar Star will be providing salads as well as Norwegian baked goods. If you haven't already touched base with Nancy, please let her what types of sandwiches and baked goods you will be bringing. Please also let her know which shift(s) you will be working.
- Hostfest November 6 at 11:30 a.m. – Provide food items: Open Face Sandwiches and Desserts. Please let Nancy know what you'll be bringing, and the time that you will be able to work at it. Lynn will demonstrate Rosemaling and there will be a new vendor Mandy. We are looking for additional vendors. Ingrid's Scandinavian Cuties table will not be available.

Cultural Director:

- Hostfest – Barb will be doing Demonstrations. Music to be determined as Doris will be out of town.
- Sons of Norway Book Club – You are not required to read a book to attend the zoom Book Club on the 3rd Thursday of each Month. September books were "The Far Traveler - Voyages of a Viking Woman " and "The Land of Dreams". October books are "Madhouse at the End of the Earth" and "The Darkness".

- The book club has an author presentation on the 2nd Monday of each month: an author presentation. For October, the author Jan Carol Simonson will talk about her book “Brooklyn girl: Growing up Norwegian in New York City”.
-

Sports Director:

- “Ruck March”: Vi received Norwegian Socks.
- Gangemerke medals: Vi received enamel and Floyd gold.

District 5 Representative:

- Connie shared some information about the International Lodge Zoom Meeting. The District 5 President stated that SON most importantly is an Insurance Company. SON is like a 3 legged stool – Financial, Fraternal and Foundation.
- Highlight of meeting was Robin Fossen’s Hardanger Fiddle presentation and the VP’s Memorial Service.
- Frank asked if moving priorities from Fraternal to Insurance will prompt changes to money rules. Connie responded probably as hiring more Insurance Agents.
- Cultural and sports medals will be handled totally locally (by Barb and Jeri).

Meeting Adjournment: The meeting was adjourned at 3:25 PM.

Today’s Program:

- Barb and Connie presented a delightful interpretation of the book “Norwegian American Women in Illinois”, highlighting areas that applied to their mother. Focused on a rural farm life from their mother’s perspective: Family, Community, Partner and Educators. The women stayed because of improved position, marriage, American-born children, better wages, and better life.
- Al Berg spoke briefly about his grandmother, and that his grandfather was a pastor to six churches so was gone a lot. His grandmother took care of the family while he was away preaching. She ran the family and attended to six relatives during the 1918 flu epidemic. Because we were running late, Al’s story will be continued at the next regular meeting.

Next Meeting:

- For our next regular meeting, please bring pictures and stories about your own family’s women who came over from Norway.

Meeting Adjournment: The meeting adjournment ran late, around 4 pm.

Respectfully submitted,
Diana Raimond, Assistant Secretary
Karen Oswald, Secretary

