

# 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

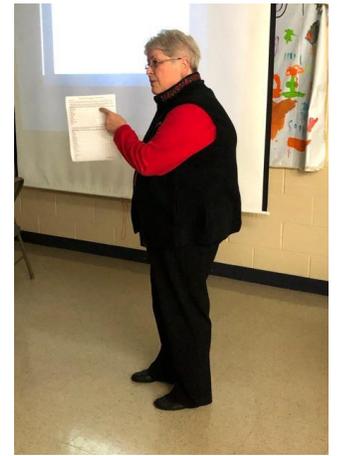


Godt Nytt År Polar Star Lodge!

Get your treasures together!! Looking forward to seeing all of you in 2023 for the Penny Social and Soup Competition.

Please remember to bring your cookies for the District 5 Barnebirke event.

Your President,  
Ken Johnson



Secretary Karen says”  
Send your Volunteer Tracking forms to her TODAY!!!  
(See page 11)

## Upcoming Events

### Polar Star Penny Social and “Souper Bowl” Sønday

February 5, 2022  
See page 2 for details

Sons of Norway Zoom  
Book Club  
Last Thursday of the month  
See page 9 for details.

### March 5 Norwegian Women Textile Exhibit

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

Please submit all articles to  
Barb Johnson at

[barbijohnsonb@aol.com](mailto:barbijohnsonb@aol.com)

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

# Polar Star Penny Social



## **POLAR STAR PENNY SOCIAL and The Great Polar Star Norwegian “Souper” Bowl Competition FEBRUARY 5, 2023 1:30 p.m.**

Begin gathering your garage sale treasures for re-sale at our Penny Social Auction and start digging out your Norwegian soup recipes for our annual lodge soup competition. Tickets for the Penny Social will be sold for 25 cents each and soup tasting and judging will begin at 1:30 followed by the Penny Social. Please have your soup set up by 1:15 p.m.



**Who will win the title this year?????**

**Norge Ski Club's**  
**International Winter Tournament 2023**  
**January 28th and 29th, 2023**

**Noon - 4:00PM**  
**Gates Open at 11:00AM**



**Weekend Schedule**

<b>SATURDAY JAN. 28</b>	<b>SUNDAY JAN 29</b>
Junior Tournament Small Hills – Noon	Opening Ceremonies – Noon
Junior National Qualifier K70 Big Hill	US Cup Competition K70 Big Hill
	Longest Standing Competition



**Purchase buttons online \$20.00**  
**Purchase buttons at gate \$25.00**

[Norge Ski Club Winterfest Ski Jumping Tournament 2023 | Buy Tickets | Ticketbud](#)

# Polar Star Sports and Activities

## by Director, Jerri Lynn Baker



### Next Sport Challenge! 14 days of Friluftsliv in February! Februar = fjorten dager friluftsliv

This challenge is to get all of us outside for at least half of the days of February--for physical activity and to enjoy nature!. **AND YES, I EXPECT PICTURES** of you outside!

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche:

*friluftsliv* (free-loofts-leave). Roughly translated “life in the free air,” to immerse yourself in nature, resulting in benefits to mind, body and spirit. Any activity that allows you to appreciate the outdoors in a simple manner.

February is the perfect time to try and get outside. Starting on the first of the month, I’m asking you to challenge yourself to experience **friluftsliv** at least 14 days in February. Start with Feb. 1st and at least try to get outside every other day. Post your photos and anecdotes on our [Facebook](#) page and use the hashtags #14daysoffriluftsliv and #sonsofnorway. PLEASE remember to be conscience of your surroundings and the weather! BE CAREFUL, but ENJOY!

*Here are some suggestions! It’s not all walking or running to enjoy friluftsliv. Whatever activity you choose I am asking you to please keep a small journal of the dates you went outside, what you did, your thoughts behind your activity and if possible, a picture or two. At our March meeting I will ask you to turn in your journal. I will give it back if you want to keep it*

- Watch a sunrise or sunset
- Go stargazing
- Adventure coffee (take a thermos outside to a park or other pretty outdoor spot)
- Prepare and eat a meal in your yard

- Observe birds
- Walk around
- Take nature photos
- Outdoor yoga
- Build a snowman
- Try an outdoor craft
- Visit the dog park
- Build a campfire
- Walk your errands
- Head to the highest point in your town
- Find a new park
- Take a picnic hike
- Visit a scenic overlook
- Cross Country Ski or snowshoe (you can rent the equipment at some outdoor places, ask around)
- Fishing or ice fishing
- Take a new route

\*If you can't get outside: open the window and breathe

**Editor's Note: Last year Kenny and I were in Hawaii during the Friluftsliv event. It was pretty easy to spend time outside in paradise!! This year it may be a bit more of a challenge. Let's all try and get outside for 14 days! We can do it Polar Star!!!**

# **POLAR STAR CULTURAL CORNER**

**by Barb Johnson**



## **2023 Polar Star Culture Goals**

### **Genealogy Medal 2023**

- Complete a biography for a Norwegian American Women
- Participate in the Polar Star Festival of Women

### **Literature Medal 2023**

- Read 3 books about Norwegian American Women
- Attend 1 Sons of Norway Book Club Zoom Meeting

### **Traditional Norwegian Food Medal**

**Submit five recipes for our Polar Star Cookbook**

1 cookie

1 cake

1 dessert (not a cake or cookie)

1 bread

1 meat/egg dish

**Participate in the Family Food Festival**

# Polar Star Year of the Woman



Mallene Olesdatter Sagen



What are the stories of your Norwegian American women?



Martha Sawyer Anderson Family



Mandy Melinda  
"Lizzie"  
Anderson Benson

Please submit the biographies and pictures of the Norwegian American Women of your family to [barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com) for publication in the newsletter.



**Karoline Haver Holm**  
Arthur Andersen's Grandmother



**KAROLINE HAVER HOLM**, grandmother of Arthur and Arnold Andersen Karoline Haver was born May 13, 1877, in a home on a windswept bluff overlooking the North Sea, in Haver gård, by Sirevåg, just north of Egersund, in rocky Jæren, southwest Norway. Men from that area were all involved with the sea, and their women were the ones to run the home and manage family and garden. At age 23, Karoline married Karl Holm from the rocky highlands some 30 miles inland. Since

Karl was one of the younger brothers in the family, he had to leave the family farm and make his way elsewhere. Karl worked for some time in Egersund, and then they were able to buy the small hilltop farm of Kotland, further south, on the peninsula of Lista, in view of Lista Fyr (Lighthouse). Karl found work north of Stavanger, near Haugesund, with the railroad which carried coal. Unfortunately, Karl was badly injured when something fell on him, crushing his hip and upper femur. He lay in the hospital in Haugesund for many months as he healed, finally being brought home along the rocky coast to their little home by boat and horse cart. All that time and as he continued to recover, Karoline was the one working hard to manage livestock, fields and young children, cook and sew, harvest peat and heather for fuel, and tend the bees, whose honey seemed to help Karl heal. As the years passed, children came along: daughters Karen and Gyda grew healthy and strong, but son Endre died at eleven months, and cheerful "lille Anna" became sick and died at two years of age. Later, another girl was born and also given the name Anna. She would become Arthur and Arnold's mother. In 1918 the Spanish flu hit Norway hard, and Karl lost two brothers up in Jæren to the deadly virus. Karl was called upon to visit and help sick neighbors. Of course that would have meant bringing food prepared by Karoline. When Karl returned to their home he always washed his hands and face with brown soap, and took off his outer clothing, which Karoline washed in the strong brown soap. They prayed for God's protection, and none of their little family caught the flu. Karl was in charge of mid-week prayer meetings in homes, because the church and Bedehus (neighborhood House of Prayer) were closed then. When a missionary came to the area they always came to stay with Karl and Karoline for a few days—or weeks. Karoline always had enough food for them, and a place to sleep. The oldest daughter, Karen, went off to work as household help in other towns, and later left for America, where she married her shipboard sweetheart, Gust. After some relatives came back from America to visit them, Karl decided to visit America himself, and see if he could find work and make a better life for them. Karoline was managing the farm with the help of the younger girls and a hired man. Letters came from Karl discussing the possibility of selling the farm where they worked so hard for so little return, to go to America. Karl returned, and in 1925 they sold the farm, the family made their way by boat and other means to say good bye to all their relatives, and took the "Stavangerfjord" across the stormy Atlantic to New York, and Brooklyn. Karl found work in the Brooklyn shipyards, but in his time off he tried to help his fellow Norwegians who had fallen on hard times as the Great Depression came on. Some Norwegians who could no longer find work on ships or in building became destitute and desperate, living in hovels in a dump colony, and often turning to alcohol. Their relatives in Norway wrote to Karl asking if he could locate a brother, father, uncle or son. Karoline was Karl's partner in helping to organize soup and bread for the hungry. After Depression days, Karl continued his work as City Missionary. As some poor soul came to the door or was rescued from the street, Karoline would head to the kitchen to prepare cheese sandwiches and coffee as Karl counseled the man. Karoline also maintained a cot with clean linen, and provided old but usable clothing in the basement for the homeless stranger. Karoline was always the support behind Karl in his work, and then the caring bestemor for her grandchil

**Submitted by Nancy and Arthur Andersen**

# Sons of Norway Book Club

To join the book Club contact Bill Browning – Sons of Norway Book Club

Coordinator at SonsofNorwayBookClub@gmail.com

## January 2023 Book Selections

Main Read: *We Die Alone* by David Howarth

Mystery Read: *Eva's Eye*  
by Karen Fossum

Zoom Meeting/Discussion Date: January 27

## February 2023 Book Selections

Main Read: *A Dolls House* by Henrik Ibsen

Mystery Read #1 : *"The Heirloom Murders"* by Kathleen Ernst

Mystery Read #2: *The Man Who Smiled* by Henning Mankell

Zoom Meeting/Discussion: February 23

## March 2023 Book Selections

Main

Read: *A Dolls House Part 2* by Lucas Hnath

Mystery Read: *The Man Who Died* by Antti Tuomainen

Zoom Meeting Date/Discussion: March 30

## April 2023 Book Selections

Main Read: *The Viking Heart: How Scandinavians Conquered the World*  
by Arthur Herman

Mystery Read: *The Laughing Policeman (Martin Beck #4)* by Maj Sjowall and Per Wahloo

Zoom Meeting/ Discussion: April 27

**Editor's note: If you can only read one book on the list I would recommend "The Heirloom Murders" especially if you have ever been to the Vesterheim Museum in Decorah, Iowa.**

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<b>January 15-31 Birthdays</b>	<b>February 1-14 Birthdays</b>
<b>29. Elsie Sorenson</b>	<b>1. Brianna Meek</b>
	<b>3. Joanne Ward</b>
	<b>4. Al Bergh</b>
	<b>6. Joanne Gryder</b>
	<b>9. Al Benson</b>
	<b>14. Craig Leifheit</b>
	<b>20. Phillip Nelson</b>

## In Memoriam



**Richard J Hatteberg**  
**June 26, 1942 – January 1, 2021**  
**Polar Star Member since September 9, 1994**

Please return completed 2021 Volunteer Hours report form by the end of January to: Karen Oswald, 2857 Normandy Circle., Naperville, IL 60564-2820 or digitally at [ahlsen@aol.com](mailto:ahlsen@aol.com)

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; self/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

# Polar Star 5-472 - 2023 Events and Programs

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

<b>FEBRUARY 5</b>	<b>POLAR STAR PENNY SOCIAL</b>
<b>MARCH 5</b>	<b>Norwegian Textiles</b>
<b>APRIL 2</b>	<b>Norwegian Family Food Fest</b>
<b>MAY 7</b>	<b>Syttendemai Celebration Sunday</b>
<b>JUNE 3</b>	<b>NORWAY MUSEUM OPEN HOUSE AND BREAKFAST</b>
<b>JULY</b>	<b>POLAR STAR FAMILY MONTH – NO EVENT SCHEDULED</b>
<b>AUGUST 6</b>	<b>Viking Picnic</b>
<b>SEPTEMBER 10</b>	<b>VASA PARK 9:00 a.m.</b>
<b>OCTOBER 1</b>	<b>Celebrating Woman Polar Star Family Tree FAIR</b>
<b>NOVEMBER 5</b>	<b>Høstfest begins at 11:30 a.m.</b>
<b>DECEMBER 3</b>	<b>JULETREFEST</b>

## 2023 POLAR STAR KITCHEN COMMITTEE

<b>Feb. 5</b>	<b>Karen, Barb, Nancy</b>
<b>March 5</b>	<b>????????</b>
<b>April 2</b>	<b>????????</b>
<b>May 7</b>	<b>Carol and Frank</b>
<b>June 3</b>	<b>Norsk Museum Opening</b>
<b>Aug. 6</b>	<b>????????</b>
<b>Sept 10</b>	<b>Vasa Park Event</b>
<b>Oct. 1</b>	<b>????????</b>
<b>Nov. 5</b>	<b>All members - Høstfest</b>
<b>Dec. 3</b>	<b>Polar Star Board</b>

**Sons of Norway**  
**Polar Star Lodge 5-472**  
**Regular Meeting, January 8, 2023**

**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 2:25 PM, following a 1:30 PM delicious pot luck luncheon. Kitchen hosts were Diana Raimond and Ed Hatteberg.

**President's Announcements:**

- Ken opened the meeting and welcomed everyone. Al Bergh provided the prayer.
- The February meeting will include our annual penny social,, so start gathering your treasures. Please also bring cookies for the February Barnebirkie (no nuts or peanut butter; the kids love Oreos).
- Sympathy to Ed Hatteberg on the passing of his brother Richard. Visitation is this Saturday, January 14 at Friedrich Jones funeral home in Naperville, 2 PM to 5 PM.

**Treasurer's Report:** Carol read the Treasurer's report (copy attached). Total assets of \$16,231.63.

**Secretary's Report:** Karen reminded everyone to submit their 2022 Volunteer Hours form to her by end of January.

**Social Director:**

- Kitchen helpers have signed up for February and March, but volunteers are still needed for several other months this year. Please contact Nancy.
- Nancy reminded us of the upcoming Nordic ski club tournament. Tickets are \$20 early purchase or \$25 at the door. Contact her for additional details.

**News about the Viking Ship:** Steve Tanda reported that the Viking ship will be moved to a permanent location in downtown Geneva Illinois, in a temperature/humidity controlled facility. This is wonderful news as that will greatly help preservation of the ship. Steve also reported that the dragon head and tail of the ship, which were never able to be attached in the current facility due to the height restrictions, have been totally restored and will be reunited when the ship is moved to the new facility.

**Cultural Director:**

- We celebrated Carol Baker's birthday.
- The program for today's meeting was Barb's introduction of Polar Star's 2023 cultural goals. It will be the year of the Norwegian American woman.
  - Genealogy: Biographies of Norwegian American women, and a genealogy festival later this year.
  - Literature: Reading three books about or by Norwegian American women, and attending at least one sons of Norway book club zoom meeting.

- Norwegian food: Cooking several types of Norwegian foods.
- February meeting: our popular annual Penny Auction and Norwegian soup competition. Be sure to wear your Norwegian sweater and bring a few dozen cookies for the Barnebirkie.
- March 5: Norwegian textile fair. Please bring any types of Norwegian textiles, such as a blanket, sweater, embroidery, weaving, etc.
- The April : Polar Star food Festival.
- May meeting: our Syttende Mai celebration.
- August: our annual Polar Star piknik.
- September: our Vasa Park booth.
- October: festival of Norwegian American women.
- Also in October (date to be determined): we will jointly host (with Cleng Peersen lodge), a District 5 Cultural Heritage Weekend, in Norway, Illinois.

Barb will publish details about all of these meetings and events in upcoming Polar Star newsletters.

**Next Meeting:** Our next regular meeting will be Sunday, February 5. We will have the annual Penny Auction and Norwegian soup competition. Be sure to bring cookies for the Barnebirke. Please also bring non-perishable food items (or donate \$) for the St. Olaf Food Pantry. Karen Oswald will be Kitchen Host.

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

Respectfully submitted,  
Karen Oswald, Secretary