

# 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



I hope all of you are spending time outside this month!  
Thanks Jerri Lynn for pushing us to get outside and enjoy nature!  
Thanks also for all of the cookies that I will be delivering to the Barnebirkie Event on Thursday, February 23 in Hayward, Wisconsin.

**Your President,  
Ken Johnso**



## Upcoming Events

### POLAR STAR MARCH EVENT

#### Polar Star Textile Fair

Sunday, March 5<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)  
Follow us on facebook @  
Sons of Norway – Polar Star Lodge  
Visit our website  
[www.polarstarlodge.com](http://www.polarstarlodge.com)

# Polar Star March 5<sup>th</sup> Event

## Norwegian Textile Fair

Our March meeting will be devoted to Norwegian Women and their Textile Skills. Please plan to bring any hand-made textile projects (knitting, crochet, needle point, rosmalling, hardanger embroidery, bunads etc.) that were created by your family members. Please include any information about the piece in your display.

Textile display set up from noon - 1:00  
Pot Luck begins at 1:30.  
Bring a dish to pass and your own table service.



## Member News!

Steve Tanda Wins  
"Soup"er Bowl 2023!



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# Polar Star Culture Corner

By Barb Johnson, Culture Director

## Fastelavn Søndag – February 19, 2023

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.

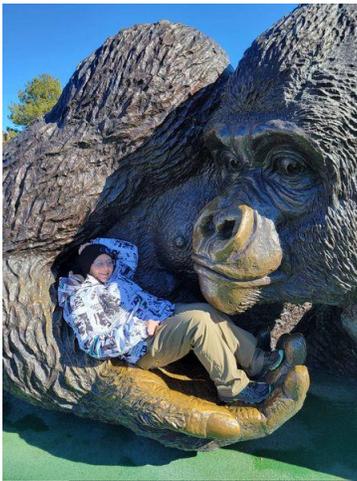
Heat the oven to 390 degree- 435 degrees). Bake between 10- 25 minutes depending on the size of the rolls. When they are nicely browned remove them from the oven and let them cool completely under a kitchen towel. The buns freeze well so you make them ahead of time and thaw before continuing to the next 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 14 days of fun you are having as you enjoy the great outdoors!**

# Polar Star 2023 "The 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

# Polar Star 5-472 2023 EVENT SCHEDULE

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

<b>March 5</b>	<b>Polar Star Textile Fair</b>
<b>April 2</b>	<b>Polar Star Norwegian Family Food Fest</b>
<b>May 7</b>	<b>Syttendemai</b>
<b>June 3</b>	<b>Norsk Museum “Frokost” and Open House</b>
<b>August 6</b>	<b>Polar Star Viking Games Picnic</b>
<b>September 9</b>	<b>Vasa Park – Scandinavian Days</b>
<b>October 8</b>	<b>TBD</b>
<b>November 5</b>	<b>Polar Star Høstfest</b>
<b>December 3</b>	<b>Julefest</b>



**Happy 90<sup>th</sup> Birthday Al Bergh!**

# Sons of Norway Zoom Book Club

**FEBRUARY 24- 6:00 p.m. central time**

Main Read: *A Doll's House* by Henrik Ibsen

Mystery Read: *The Heirloom Murders* by Kathleen Ernst

Mystery Read II: *The Man Who Smiled* (Kurt Wallander #4) by Henning Mankell

## March Selections

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

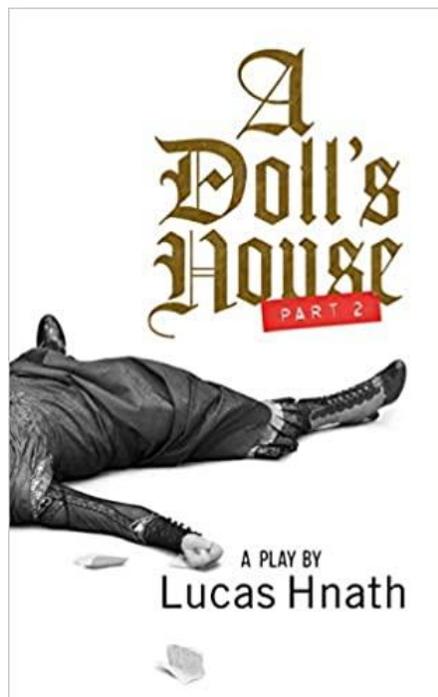
Mystery Read: *The Man Who Died* by Antti Tuomainen

To participate contact:

Bill Browing

Sons of Norway Book Club Coordinator

[SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com)



# Fern Dell Historic Association

## Kumla Supper

**When: Feb. 18, 2023-- 4:30 til 6:30 pm**

**Where: Newark Fire House**

101 E. Main St., Newark, IL

**Dine in or Carry Out**

**Cost: \$15 ages 9 thru Adult**

**\$8 kids 8 and under**

**For more information call  
815-736-9190 or 815-735-8319**

**All proceeds go into the roof fund**



**Thank-You for your support**



## Feature Gallery Exhibition

# Viking's Voyage

*A 19th century ship's journey from Norway to Illinois  
In collaboration with Friends of The Viking Ship*

**February 4 - December 23, 2023**

The Viking ship was built in 1892 in Norway as a replica of the ancient Viking ship Gokstad. In 1893 the Viking sailed from Norway to Chicago and survived an incredibly long and dangerous nonstop crossing of the Atlantic Ocean to become one of the greatest attractions at the World's Columbian Exposition.

The ship was presented to the Field Museum and sat in dry dock alongside the museum. Later it was relocated to Lincoln Park and placed under a fenced-in wooden shelter.

In 1993, when the Lincoln Park Zoo expanded, the ship was moved to West Chicago and secured under a canopy. Two years later it was moved to Good Templar Park in Geneva and in 2012 trusteeship was signed over to Friends of The Viking Ship (FOVS). FOVS continues to facilitate the preservation of the ship, provides group tours, and advocates for its preservation and a future permanent museum.



Come explore the story of this replica ship that is the largest surviving display artifact of the 1893 Columbian Exposition and holds more than twenty-five years of Geneva history. This is the first time the newly restored nine-foot-tall dragon head and tail of the ship will be on display.

Admission is FREE for museum members, \$5 per adult, \$2 for children (3-10), seniors (65+), and students and includes the Main Gallery, "Geneva's Story."



**113 South Third Street  
Geneva, IL 60134  
630-232-4951  
[GenevaHistoryMuseum.org](http://GenevaHistoryMuseum.org)  
Gallery Hours: Tues.-Sat., 11AM - 4PM**

### Exhibition & Programs

*The following will take place at the Geneva History Museum. Register today at [GenevaHistoryMuseum.org](http://GenevaHistoryMuseum.org)*

#### **Friday, February 3 / 6 PM The Vikings are Coming!**

**VIP/Members Only Exhibition Opening**  
Special presentation on the history of the Viking Ship with Dave Nordin, Vice President of Friends of The Viking Ship.

#### **Tuesday, March 14 / 12 PM**

##### **Brown Bag Program Viking Women**

Celebrate Women's History Month with a presentation on Viking women. Presented by Dave Nordin, Vice President of Friends of The Viking Ship.

#### **Tuesday, April 11 / 12 PM**

##### **Brown Bag Program Viking Cuisine**

Come learn all about Viking Cuisine with Dave Nordin, Vice President of Friends of The Viking Ship.

#### **Tuesday, May 9 / 12 PM**

##### **Brown Bag Program History of Geneva Vikings**

Learn all about the history of Geneva High School Vikings and the Viking mascot. Presented by GHM Educator, Heidi Howlett.

#### **June 17 - August 19**

**Special Children's Exhibition  
*Little Vikings***

# 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>



# Penny Social 2023





# 18<sup>th</sup> Annual Fundraiser and Brunch for Vasa Park

Presented by Scandinavian Park, Inc. NFP

**Saturday, March 11, 2023**

Belvedere Banquets, 1170 West Devon, Elk Grove Village, IL 60007

11:00AM—3:00 PM

**Donation \$70.00 per person**

**Complimentary Mimosas, Cash Bar**

*Scandinavian Park, Inc. is a 501 c(3) non-profit corporation*

Cash drawing and Raffle Table with Generous Donations from Scandinavian Organizations,  
Businesses and Individuals

## Entertainment: Swedish Folk & James Libera

Pay online at <http://www.vasaparkil.com/> using the online registration form.

Payment can be made via Pay Pal or most common credit cards. OR

Pay using the attached registration form.

**Payment and registration due by February 25, 2023**

**No payments will be accepted at the door.**

For information call: Carol Hoidahl 847-358-1527



Make checks payable to **Scandinavian Park, Inc. NFP** and send to:

Carol Hoidahl, 25 Duxbury, Rolling Meadows, IL 60008

----- Reservation Form -----

Number of reservations @70.00 \_\_\_\_\_ Check enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Phone # \_\_\_\_\_

Would like to sit with \_\_\_\_\_

I cannot attend, but here is a donation to Scandinavian Park Inc. NFP \$ \_\_\_\_\_



## ***SCHOLARSHIPS AVAILABLE for 2023***

The Norwegian National League of Chicago is offering scholarships and cash prizes to deserving students who are of Norwegian heritage residing in the counties of Cook, Lake, DuPage, Kane, Kendall, LaSalle, McHenry and Will.

The first scholarship for \$1,000.00 will be awarded to a high school senior with a minimum 3.0 GPA and who has been accepted by a college or university. A new ***\$1,500.00 Haug Family Scholarship*** will be awarded to a current 12th grade student with a minimum 3.0 GPA with intent on a business degree OR a current university student majoring in business

Also, a \$100.00 cash prize will be awarded to a high school student in grades nine to eleven and a \$50.00 cash prize will be awarded to a student in grades fifth through eighth. Finally, a \$25.00 cash prize will be awarded to a student in grades first through fourth.

To qualify, older students must submit an original essay on the topic "Your Family's Norwegian Heritage" and the students in grade first through fourth must submit an original drawing depicting a Norwegian topic.

Entries must be postmarked by March 1, 2023

For scholarship information and applications visit the Norwegian National League website at <http://www.nnleague.org>

or contact: Tom Maxson (847)297-1656 <mailto:tjmax@astound.net>

**Sons of Norway  
Polar Star Lodge 5-472  
Regular Meeting, February 5, 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 soup contest and pot luck luncheon. Kitchen hosts were Karen Oswald, Nancy Andersen, Barb Johnson, and Diana Raimond.

**President's Announcements:**

- Ken opened the meeting and welcomed everyone. Al Bergh provided the prayer.
- We celebrated and sang the Norwegian happy birthday song to Al Bergh (90<sup>th</sup> birthday!) and Al Benson.
- Can give us information about an application to participate in Geneva's Swedish days parade on June 25. The application fee is \$25; application must be submitted by May 15.
- Our member Pat Baughman is moving to Washington state in the coming weeks.

**Treasurer's Report:** Ken read the Treasurer's report in Carol's absence(copy attached). Total assets of \$16,255.83.

**Secretary's Report:** Karen reminded everyone to submit their 2022 Volunteer Hours form to her today.

**Social Director:**

- Jeannie Leifheit has volunteered for kitchen duty for our April meeting. However, kitchen volunteers are needed for March and for several other months this year. Please contact Nancy.
- Due to lack of snow and warmer temperatures, the Nordic ski club tournament was postponed until next weekend. Tickets are \$20 early purchase or \$25 at the door. Contact Nancy for additional details.
- Nancy announced that the annual Norwegian National League Syttende Mai celebration will offer a luncheon on Saturday, May 20 (rather than the usual evening dinner). The annual parade will be held on Sunday, May 21. Polar Star will again donate \$150 to the NNL this year.

**District 5 Heritage Weekend:** A lengthy spirited discussion, led by Ken Johnson and Nancy Anderson, was held regarding Polar Star and Cleng Peerson leadership/participation for the potential October 2023 event. Meeting guest Dawn Gunderson, Cleng Peerson President, joined in our discussion and will talk with District 5 about our concerns/ideas. Ken Johnson will provide support to Dawn's District 5 communication as needed.

**Today's Program:**

- Scarlett Anderson shared her experiences last summer at Masse Moro camp 2022. She has attended for several summers, and this is her last summer since she will be aging up. She hopes to be a camp counselor in the future.
- Winner of the soup contest was Steve Tanda's Seafood Chowder. Other soup contenders were submitted by Nancy Anderson, Kelly Welin, Diana Raimond, Barb Johnson, and Karen Oswald.

**Next Meeting:** Our next regular meeting will be Sunday, March 5.

**Meeting Adjournment:** The meeting was adjourned at 3:25 PM, immediately followed by our annual Penny Auction, which was held to the total delight of everyone!

Respectfully submitted,  
Karen Oswald, Secretary