

# 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

---

#### President's Message



President Ken and the Stoughton Norwegian Dancers  
**Hilsen Polar Star!**  
Looking forward to seeing all of you in April

Your President  
Ken Johnson

## Member News



Sports Director Jerri Lynn Baker and  
Culture Director Barb Johnson  
celebrate the completion of the  
fourteen days of "Friluftsliv 2023"

## Upcoming Events

### **POLAR STAR** "Gladmat"

Sunday, April 2, 2023  
St. Olaf Lutheran Church  
1:30 p.m.  
See article on page 2

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

# Polar Star

## GLADMAT FEST

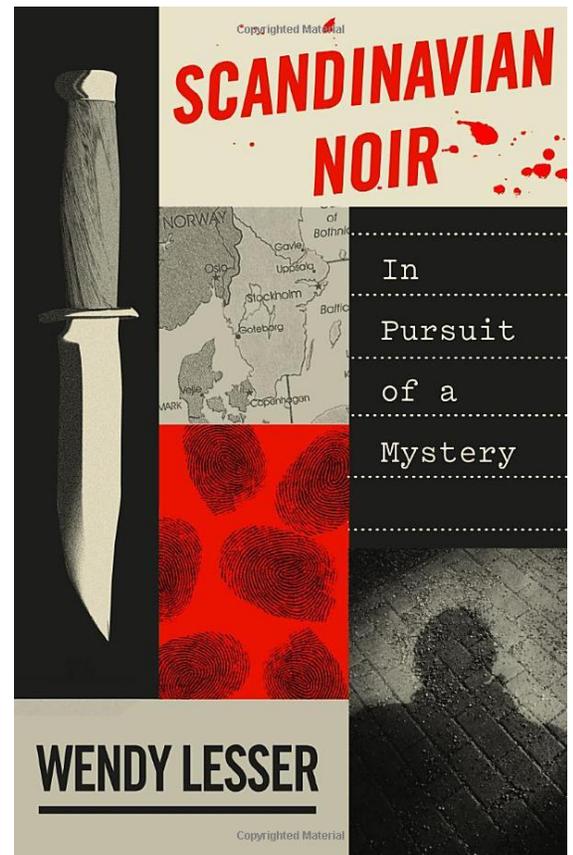
(Norwegian “Happy” Food Fest)  
April 2, 2023  
1:30 p.m.

Dig through your family recipe box and make a favorite family recipe to share at our “matfest”. Our program for this event will be sharing our recipes and family stories about the recipe choice after we have sampled them from the buffet table. **Please copy page 13 of the newsletter** and fill out the recipe/memory information and bring it to the Matfest. The recipe does not have to be Norwegian, but all recipes will be included in our Norwegian American Women booklet.



**Potluck “matpresentasjon” will begin at 1:15.  
Please bring your dish to pass along with you own  
tableservice and memories!**

## Påskekrim 2023



**For those of you who read “Nordic Noir” during your Easter vacation you may be interested in reading this book this year!**

“Wendy Lesser’s *Scandinavian Noir* is a rich and subtle exploration of both Nordic crime writing and the author’s personal passion for these novels. Lesser’s critically astute fascination leads her on a pilgrimage to the genre’s motherlands—Norway, Sweden, and Denmark—in order to embed herself in the people, culture, and politics that informed the various authors’ world-views. This too becomes a journey into the self, and finally a contemplation of how fiction, in its purposeful sculpting of the chaos of human experience into something more artfully coherent, can often render a greater truth than any objective reportage.”

—Richard Price

# Polar Star Culture Corner

## by Barb Johnson

### March 2023 Book Club Selections

*A Doll's House, Part 2* by Lucas Hnath.

It has been fifteen years since Nora Helmer slammed the door on her stifling domestic life, when a knock comes at that same door. It is Nora, and she has returned with an urgent request. What will her sudden return mean to those she left behind? Lucas Hnath's funny, probing, and bold play is both a continuation of Ibsen's complex exploration of traditional gender roles, as well as a sharp contemporary take on the struggles inherent in all human relationships across time.

*The Man Who Died* by Antti Tuomainen.

When Finnish mushroom entrepreneur Jaakko discovers that he has been slowly poisoned, he sets out to find his would-be murderer ... with dark and hilarious results.

"Deftly plotted, poignant and perceptive in its wry reflections on mortality and very funny." *Irish Times*

"Right up there with the best." *Times Literary Supplement* (London)



Book Club Zoom Meeting - 6:00 - 8:00 p.m.  
Join Zoom Meeting via Website Meeting ID: 893 9656 1615  
Passcode: 465481



### April 2023 Book Club Selections

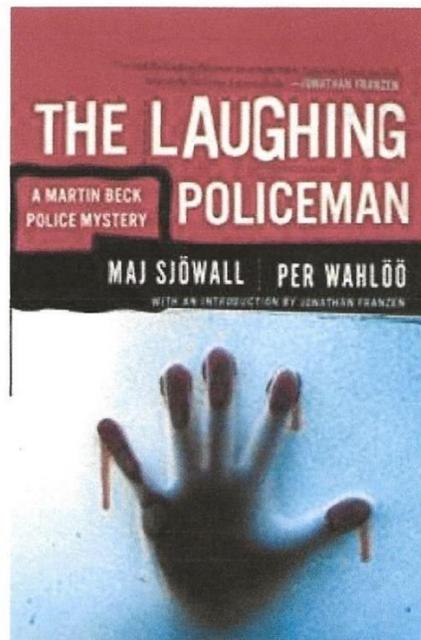
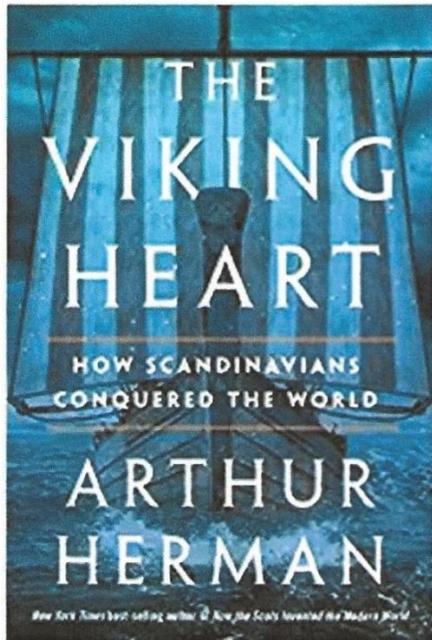
*The Viking Heart* by Arthur Herman

Scandinavia has always been a world apart. For millennia Norwegians, Danes, Finns, and Swedes lived a remote and rugged existence among the fjords and peaks of the land of the midnight sun. But when they finally left their homeland in search of opportunity, these wanderers—including the most famous, the Vikings—would reshape Europe and beyond. Their ingenuity, daring, resiliency, and loyalty to family and community would propel them to the gates of Rome, the steppes of Russia, the courts of Constantinople, and the castles of England and Ireland. But nowhere would they leave a deeper mark than across the Atlantic, where the Vikings' legacy would become the American Dream.

In *The Viking Heart*, Arthur Herman melds a compelling historical narrative with cutting-edge archaeological and DNA research to trace the epic story of this remarkable and diverse people. He shows how the Scandinavian experience has universal meaning, and how we can still be inspired by their indomitable spirit.

*The Laughing Policeman* by Maj Sjöwall and Per Wahloo

On a cold and rainy Stockholm night, nine bus riders are gunned down by a mysterious assassin. The press portrays it as a freak attack and dubs the killer a madman. But Superintendent Martin Beck thinks otherwise—one of his most ambitious young detectives was among those killed—and he suspects it was more than coincidence. Working on a hunch, Beck seeks out the girlfriend of the murdered detective, and with her help Beck reconstructs the steps that led to his murder. The police comb the country for the killer, only to find that this attack may be connected to a case that has been unsolved for years.



## Polar Star 5-472 - 2023 PROGRAMS

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

<b>April 2</b>	<b>Norwegian Family Gladmat Fest</b>
<b>May 7</b>	<b>May Day Memorial Celebration</b>
<b>June 3</b>	<b>Norsk Museum Open House and Breakfast</b>
<b>August 6</b>	<b>Polar Star Pknic</b>
<b>September 10</b>	<b>Scandinavian Day at Vasa Park</b>
<b>October 1</b>	<b>Celebrating Leif!</b>
<b>November 5</b>	<b>Høstfest</b>
<b>December 3</b>	<b>Julefest</b>

## GRATULERER MED DAGEN POLAR STAR



Happy Birthday Steve, Ron and Art

### Polar Star Members!

#### MARCH 16-31

19 Art Andersen  
19 Joni Koehler  
21 Ronn Vann  
22 Carol Devito  
23 Stephan Tanda  
23 Andy Koehler  
30 Shandra Showers

#### APRIL 1-14

14 Julianne Peterson

# Polar Star Norwegian American Women Textile Fair 2023



# Thanks to everyone who participated in the Norwegian Women Textile Fair





# 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**

**Sons of Norway**  
**Polar Star Lodge 5-472**  
**Regular Meeting, March 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 2:10 PM, following a 1:30 PM delicious pot luck luncheon. Kitchen hosts were Frances Berg, Al Benson, Sue and Steve Tanda.

Our March meeting was devoted to Norwegian women and their textile skills. Members brought hand-made textile projects (knitting, crochet, needle point, rosmaling, weaving, hardanger embroidery, bunads, etc.) that were created by them or their family members. Information about the pieces was included in each display. The displays were available for everyone to explore before, during, and after today's luncheon and meeting.

**President's Announcements:**

- Ken opened the meeting and welcomed everyone. Frank Krawczyk provided the prayer.
- Thank you notes were received for Polar Star's donations to Ski for Light and Masse Moro.
- Ken announced that Polar Star sent 88 dozen cookies to the Barnebirke.
- Polar Star will continue to collect stamps to be donated to the new organization chosen by national to replace Tubfrim. Art Andersen will lead the effort for Polar Star.
- It was moved, seconded and passed to again donate \$90 for a half-page ad to support this year's Norwegian National League syttende mai banquet and parade festivities.
- There are two upcoming parades that we can participate in. Sign-ups need to be submitted by April 21 for the Park Ridge syttende mai parade, and by June 25 for the Swedish days parade in Geneva. The parade in Geneva will generate a lot of exposure for the Viking ship and Sons of Norway due to the restored Viking ship dragon head and tail that was moved to the Geneva Historical Museum and is now on display.

**Treasurer's Report:** Carol read the Treasurer's report (copy attached). Total assets of \$16,379.17.

**Secretary's Report:** Karen thanked everyone for submitting their 2022 Volunteer Hours. A total of 553 membership hours and 936.5 community hours were volunteered by Polar Star.

**Social Director:**

- Kitchen helper volunteers are still needed for April, August, and October. Please contact Nancy.
- Nancy announced that on March 14 there will be an interesting program and lecture at the Geneva Historical Museum: "Viking Women".
- Norwegian National League is requesting donations, instead of their annual auction/raffle. Suggested donation is \$150. It was moved, seconded and passed to donate \$150 to the NNL.

- Publicity for the syttende mai banquet and parade festivities has always requested annually that individual well-wishers take the opportunity to have their names in the programs by donating at least \$2 as “well-wishers” Nancy passed around a sign-up sheet, and our treasurer will forward those funds to the NNL.
- The annual Vasa Park benefit banquet is this Saturday, March 11 at the Elk Grove Village Belvedere.

**District 5 Representative:**

- Connie told that about the March selection for the Sons of Norway book club: “The Doll’s House, Part Two”. This month’s zoom meeting will be on March 15 at 6 PM.
- Connie told us about discussions that she had with the District 5 team regarding holding a District 5 Cultural Heritage Weekend in Norway, Illinois in fall of 2023. With colorful fall weather and proximity of the Norsk Museum, Norway Illinois would be a great place to hold the cultural/heritage weekend. However, it was decided that it would not be held this year due to the size and complexity of planning that event, and to several conflicts with events already scheduled for October/November by Polar Star and Cleng Peerson lodges. Discussions will be ongoing, about when a Heritage weekend could be held. Additionally there is a significant anniversary year coming up in the next year or so, which might lend itself to better scheduling. Connie will be looking for volunteers to contribute to the discussions and help with the planning, Much more to come.

**Sports Director:**

- Barb Johnson, Shandy Ann, and Jerri Lynn participated in February’s Friluftsliv challenge.
- Jerri Lynn announced her 2023 sports challenge to all Polar Star members. For those who have earned at least one sports medal, to complete the series of that medal or for any sports activity of their choice (for example, gangemerke/walking). For those who have not earned any sports medals, she challenged completing requirements for at least one sports medal.

**Next Meeting:** Our next regular meeting will be Sunday, April 3. The program will be the Polar Star Norwegian Family Food Fest. Please bring a Norwegian food that someone in your family used to prepare, along with that recipe.all Also, please bring non-perishable food items (or donate \$) for the St. Olaf Food Pantry. Jeanne and Craig Leifheit, and Carol and Richard Vigsnes will be kitchen hosts.

**Meeting Adjournment:** The meeting was adjourned at 2:50 PM.

Following the meeting, we were entertained by a colorful, interesting, and informative presentation about Norwegian bunads by Linda and Mandy, two members from Cleng Peerson lodge.

Respectfully submitted,  
Karen Oswald, Secretary

# Fra Bestemor's Kjøkken



Navn på oppskriften \_\_\_\_\_

Serves: \_\_\_\_\_ Temperature \_\_\_\_\_

Ingredients

Instructions

Polar Star Member:  
Memories related to the family recipe.....

