

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,



President Ken and Cultural Director Barb prepare for Juletrefest 2023

Dear Polar Star

I want to start out with a big "Thank You" for working so hard to make our Høstfest 2023 such a big success!

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
Christmas Around the World
Exhibit runs through Jan. 7th

Upcoming Polar Star Events

December 3

FAMILY JULETREFEST

Tree Trimming at 1:00 p.m.

Potluck at 1:30

See article on page 2 & 3

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 3, 2023
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 2023. Julebaking has become a fun tradition at Polar Star. This year we will continue our 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) or 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 (\$15.00 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.

Juletfest Schedule:

1:00 - Tree trimming, Norwegian Christmas card making led by District 5 leaders, and cookie decorating.

1:30 p.m. Potluck luncheon

1:45 p.m. Juletre sanger

2:00 Arrival of the Julenisse and gift exchange

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

Polar Star Sports and Activities

by Jerri Lynn Baker



Don't forget to bring your 100 word essay on the importance of Muskego, Wisconsin to Norwegian immigration if you completed the Polar Star Virtual Walk so you our name can be entered for the drawing for this rosemalld plater at the Juletfest.

POLAR STAR CULTURE CORNER..

by Barb Johnson

District 5 Adult Culture Weekend October 27-29 Hosted by Mandt Lodge – Stoughton, Wisconsin

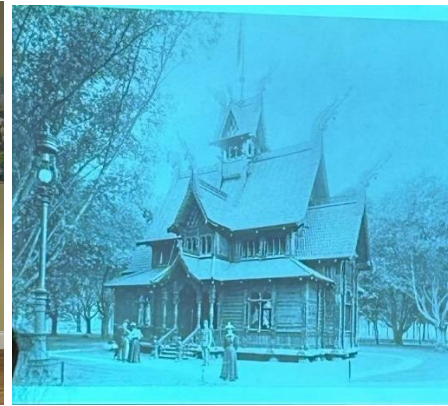
I was fortunate to be able to attend the District 5 Culture Weekend with my sister, Connie Kross, Dawn Gunderson, President of Cleng Peerson Lodge and fellow lodge members, Art and Nancy Andersen. Mandt Lodge did a great job of creating a fun weekend of events that featured speakers, church tours, genealogy research, shopping and great food. Here are a few pictures of the fun!

Friday, October 27

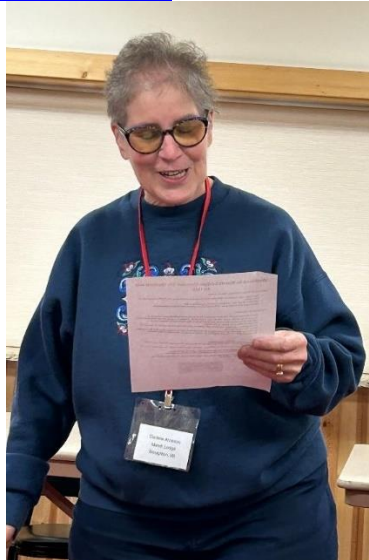


Friday morning some of our group spent the morning doing family research at the Naeseth Library in Madison, WI while others toured the Hauge Log Church in Blue Mounds, WI. We all met for a history lesson about the Norwegian Pavillion from the 1893 Chicago World's Fair at the Drifless Historieum in Mt. Horeb, Wisconsin.





Friday Night at Mandt Lodge



Friday evening was spent at Mandt Lodge. We were greeted by our host, Darlene Arneson and served a fantastic Kjøttkake dinner followed by programs presented by the Stoughton High School Norwegian Dancers and Authors and Illustrators of the comic book series, "Vidar and Hans".

Saturday, October 28:

Saturday morning we attended the Wisconsin State Rosemaling Association Holiday Bazaar and attended the Nordic Legacy Foundation Card Making Class conducted by Connie Aiello at Mandt Lodge.



Saturday afternoon activities included a program on the oldest Norwegian Lutheran Church with continuously held worship services; a program on Hans Nielsen Hauge; and a performance by the Stoughton High School Norwegian Dancers.

Saturday Night at Mandt Lodge



Saturday Night Programs included a preview of the District 5 Convention June 19-22,2024; a program on Hans Nielson Hauge; a Chocolate tasting program and a light-hearted look at Stoughton, Wisconsin by Bill Amundson,

Sunday, October 29

Sunday morning we attended service at the East Koshkonong Church followed by a tour of both churches and the cemetery on the property. We also had a tour of the Liberty Prairie Church in Deerfield, W





We all had a wonderful time and look forward to attending many more of these wonderful weekends
visiting our Norwegian heritage sites.



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*).

What are your “Syv Slags” of julekaker 2023????

OPPSKRIFTER (RECIPES)



God jul og lykkelig bakst!

Please take a picture of your favorite Christmas cookies and write down the recipe on the attached recipe sheet for inclusion in our Polar Star Cook Book.

Fra Bestemor's Kjøkken



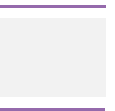
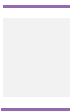
Navn på oppskriften _____

Serves _____ Temp _____

Ingredients

Instructions

Memories related to the recipe.



Jólabókaflód

by Barb Johnson

A Scandinavian Christmas Eve Tradition....

Jólabókaflód 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 Jólabókaflód:

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

November 2023 Book Club Selections

Main Read: “*The Real Valkyre*” by Nancy Maire Brown

Editor’s note: Great book!!! I highly recommend this one!

Mystery Read: “*Snow Blind* by Ragnar Jónasson

Editor’s note: another great mystery set in Iceland

Zoom Meeting/Discussion Date & Time: November 30, 2023 – 6:00 p.m.

Meeting ID: 889 7170 5670

Passcode: 504669

Sons of Norway Book Club 2024

Polar Star “boklesere” (book readers)....The 2024 schedule for the Sons of Norway Book Club has been finalized.

January 2024 Book Club Selections

Main Read: *The Winter Fortress* by Neil Bascomb

Mystery Read: *Don’t Look Back* (Inspector Sejer #2) by Karin Fossum

February 2023 Book Club Selections

Main Read: *The Cotter’s Son: A Story from Sigdal* by Hans Andersen Foss

Mystery Read: *Pierced* by Thomas Enger

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



POLAR STAR CALENDAR EVENTS

November 18: Dedication of Norway Museum Stabbur 10:00 a.m.

December 3 Polar Star Julefest - St. Olaf Lutheran Church – 1:00

2023 Polar Star Kitchen Committees

December 3: Polar Star Board Members

**Volunteers needed for 2024 Monthly Event Kitchen Committee
Contact Social Director Nany Andersen to sign up for your month of choice.**

Polar Star Calendar 2024

January 6: Lefse Making Workshop with Vi Skogen

JANUAR 7, 2024 – Festival of Norwegian Women

FEBRUAR 4 - 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
100**

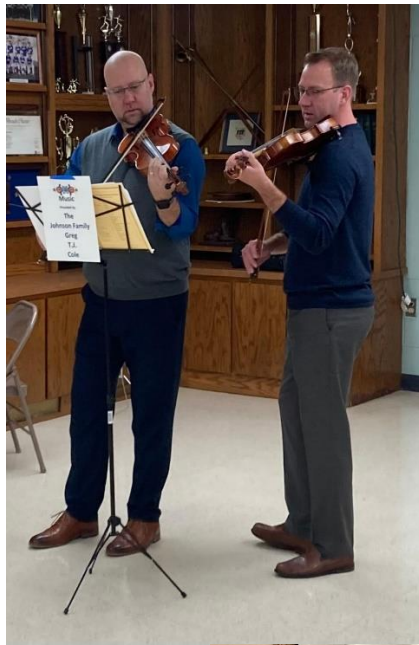
On January 1st

Please send her a
Happy New Year
Birthday Card

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

Høstfest 2023 “The Culture”





The Food!



Lefse, Krumkake and Vafler Demonstrations



The Fun



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

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

**Polar Star Lodge members and friends are invited....
to the Dedication of the Norsk Museum Stabbur
Saturday, November 10:00 a.m. It was Roald Berg's
dream to accomplish this project. We hope to see all
of you there!**



