

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

God jul og godt nytt år!



**January 7th
2024**

**Celebrating
Norwegian
American Women**

1:30 St. Lutheran Church

See page 3 for details

Upcoming Events

**Saturday January 6th
Lefse Making Workshop**

9:00 a.m. St. Olaf Lutheran Church

Details on page 2

**POLAR STAR
PENNY SOCIAL
and
SOUPER BOWL**

Sunday, Feb. 4, 2022

1:30

St. Olaf Lutheran Church

See article on page 4

Polar Star Newsletter Deadline

Will be the 14th of every month.

Please submit all articles to Barb
Johnson at barbijohnsonb@aol.com

Follow us on Facebook @

Sons of Norway – Polar Star Lodge

Godt Nytt År Polar Star!!
POLAR STAR LEFSE MAKING WORKSHOP
JANUARY 6th 9:00 a.m.
St. Olaf Lutheran Church Basement



Polar Star will kick off the new year with a Lefse Making Workshop led by our very own Vi Skogen. The Public is invited to learn how to cook, prepare and roll potato dough to make Vi's fabulous lefse recipe. Don't miss this special opportunity to learn this traditional Norwegian staple! Please bring your lefse rolling pins, rolling boards, and grills if you have them.



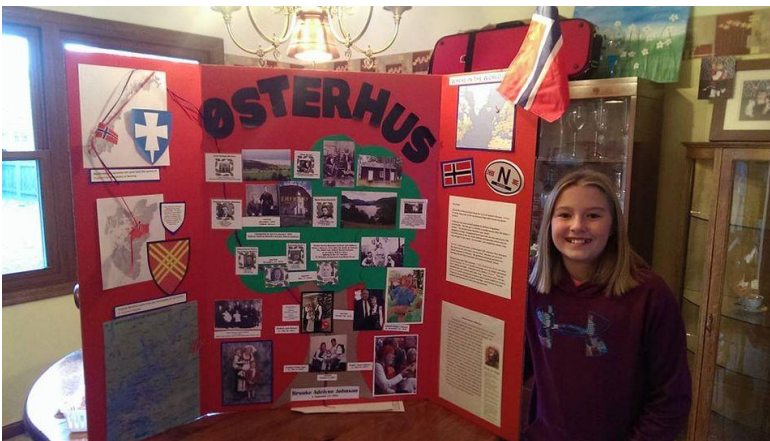
Don't forget your favorite apron

POLAR STAR FESTIVAL OF WOMEN

Let the Celebration Begin !!

St. Olaf Lutheran Church – 1:30 p.m.

2023 culture programming was devoted to the “**Year of the Woman**” at Polar Star Lodge. All members were encouraged to research their Norwegian mothers, grandmothers, aunts, sisters or special friends. I hope all of you have completed your research and are prepared to honor that special woman at our January 2024 Lodge meeting. Please provide their written story, their pictures, and their influence on their families and/or communities. Costumes, and mementos are always encouraged (and appreciated) but not a requirement. Your Culture Director is looking forward to meeting all of the influential women of our Lodge!



Potluck begins at 1:30 followed by the program.
Please bring a dish to pass and your own table service

POLAR STAR PENNY SOCIAL

and The Great Polar Star Norwegian “Souper” Bowl Competition

FEBRUARY 4, 2024

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.



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

**Norge Ski Club's 119th Norge
Annual Winter Ski Jump Tournament 2024**

January 27th and 28th, 2023

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



Weekend Schedule

SATURDAY JAN. 27	SUNDAY JAN 28
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 2024](#) | [Buy Tickets](#) | [Ticketbud](#)

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

Sons of Norway January 2024 Zoom Book Club Selection



Main Read: "The Winter Fortress" by Neil Bascomb
Mystery Read: "Don't Look Back (Inspector Sejer #2) by Karen Fossum

Zoom Meeting/Discussion Date & Time: January 25 6:00 p.m. Central Time



Congratulations to Kelly Welin who won the

Polar Star 2023 JuleBaker Spatula Award

**Kelly's cookies earns the most \$\$\$ for the
Sons of Norway Foundation Cookie Auction!**

Well done Kelly!

Sons of Norway District 5 Convention 2024
by

Vice President Frank



Why should I be a delegate?

I should be a delegate to:

Represent my lodge.

Make decisions for our district.

Meet with people from far reaches of the district.

Promote Norwegian culture.

Work to ensure the perpetuity of Sons of Norway

Share ideas in person with members from throughout the district.

Learn new Lena and Ole jokes.

Learn a new cultural skill.

Learn about the Sami culture.

Bring ideas back to my lodge.

But it costs too much.

There is time to start now to raise money to help support delegates.

There is time to apply for a grant to help pay registration.

(D5 has matching grants and grants for up to \$200.)

The hotel room rate is \$129 + tax – an unusually low rate for an upscale hotel.

Breakfast is included – 2 breakfast vouchers per room.

A double queen room accommodates 4 people – bring a friend for a roommate.

But I can't drive that far.

Members from the eastern part of the district have traveled to WI for many conventions.

It is the same mileage either way!

There is time to start arrangements for carpooling with lodges in the same area.

Invite other lodges along the way to cooperate on transportation.

The site is the Indianapolis Crowne Point Airport hotel – flying is an option.

Oh, I guess I should be a delegate to the 2024 Sons of Norway District 5 Convention June 19-22, 2024!

Frank Krawczyk

RACING TO THE FUTURE



SONS OF NORWAY
District 5 Convention
Indianapolis, Indiana
6/19/24 - 6/22/24

ANNOUNCING

Sons of Norway District 5 Convention 2024

RACING TO THE FUTURE

Indianapolis Crowne Plaza Airport Hotel

2501 S High School Rd, Indianapolis, Indiana 46241

June 19-22, 2024

Mark your calendar now!

The 2024 Sons of Norway District 5 Convention is coming in June 2024!

Plan your vacation so you can enjoy the many attractions in the Indianapolis area before and after the convention. You asked for classes and activities that delegates could enjoy, so classes and speakers will begin on Wednesday, June 19, and continue through Saturday morning, June 22. A survey will be sent out to help the Convention Committee choose classes to offer. Please respond to the survey as soon as you see it. Your help is very important.

Delegates who are not on a committee can take part in a class or enjoy speakers on Wednesday and Thursday. Everyone will be able to enjoy the evening programs on Wednesday, Thursday, and Friday besides the banquet on Saturday evening.

Those who are not delegates can attend all three-and one-half days of their class of choice or learn from the presentations offered during that time or take a local trip.

THERE IS SO MUCH TO DO THAT EVERYONE WILL NEED TO MAKE CHOICES!

More details coming soon!

Judy Gustin

District 5 Culture Direct

Polar Star 5-472 - 2024 Events and Programs

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

JANUARY 7	CELEBRATING POLAR STAR WOMEN
FEBRUARY 4	POLAR STAR PENNY SOCIAL and SOUP COMPETITION
MARCH 3	
APRIL 7	
MAY 5	
SAT. - JUNE 1	NORWAY MUSEUM OPEN HOUSE AND BREAKFAST
JULY	POLAR STAR FAMILY MONTH – NO EVENT SCHEDULED
AUGUST 4	VIKING PICNIC
SEPTEMBER 8	VASA PARK 9:00 a.m.
OCTOBER 6	FAMILY TREE FAIR
NOVEMBER 3	Høstfest begins at 11:30 a.m.
DECEMBER 1	JULETREFEST

Help is needed for the Kitchen Committee in 2024. Please let Nancy Andersen know which month you would like sign up for.

2024 POLAR STAR KITCHEN COMMITTEE

Jan.	Ed and Diana
Feb.	Karen O. and Soup Competitors
March	
April	
May	
June	Norsk Museum Opening
Aug.	
Sept	Vasa Park Event
Oct.	
Nov.	All members - Høstfest
Dec.	Polar Star Board

SONS OF NORWAY – Polar Star Lodge 5-472

MEETING HOSTS (Kitchen Committee)

At least two members/families are needed each meeting to serve on the kitchen committee. Join in by volunteering for one time each year.

INSTRUCTIONS FOR HOSTS FOR SETTING UP LODGE MEETING

Chairperson: Contact members of your committee to complete your plans ahead of time. The committee normally supplies meat or main dishes and one gallon of 2% milk and ice for drinking water. All other members are asked to bring a potluck dish to share.

- Arrive at the hall 1-½ hours prior to meeting time.
- Set up 6-8 tables with chairs in their proper places.
- Provide table decorations according to season. Napkins and placemats may be in cabinet – check this at meeting before – for inventory.
- Make the coffee (50-60 cups). Coffee is provided by Lodge and is in the Lodge cabinet. If not, purchase coffee and you will be reimbursed. Start coffee immediately. Takes at least one hour.
- Set up the buffet table (two long tables). Arrange the food on the tables as it comes in. Include a basket at the front end for donations.
- Please set up an entry table for the sign in book.
- Set up the podium and the three flags in the front of the room.
- After everyone has eaten, wash cups, spoons, etc. and clean up area. Use our lodge dishtowels (in storage room). One person from the committee needs to take the dishtowels home, wash them, and bring them back to the next meeting.
- Return all chairs and tables to their proper places
- If it is inconvenient for you to serve at the time scheduled for you, exchange with someone or find a substitute. Any questions notify the Social Chairperson, Nancy Andersen.

If there is anyone who would like to assist in serving, please feel free to do so. The committee will love you!

Don't forget the gallon of milk!

*Coffee: (Usually taken care of by Pres. Ken Johnson.) 1) Fill urn with COLD water. DO NOT IMMERSE URN OR CORD IN WATER. 2) Pour coffee into basket. For 55 cups, use 3-1/2 cups ground coffee. 3) Plug in urn. When it has finished brewing, remove basket with grounds

Updated January 2021 by Nancy Andersen



GOD JUL

ALLE SAMMEN





December 16-31	Birthdays	January 1-15	Birthdays
19	Carol Vigsnes	1	Eleanor Bates (100 th)
22	Ken Johnson	1	Larry Baker
23	Tom Harkins	5	Carol Baker
26	Gail Anderson	8	Ralph Kristenson
31	Charles Ray	29	Elsie Sorensen

Eleanor Bates will turn 100 on January 1st 2024!
Please celebrate her life with a birthday card to:
831 N. Batavia Avenue
Batavia, IL 60510

Please turn in your volunteer hours at the January meeting!

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/manager/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/manager/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
Juletrefest and Regular Meeting, December 3, 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 following our 1:30 PM Juletrefest pot luck luncheon. Ham and boiled cod were served, along with salads, side dishes, and of course desserts. Kitchen hosts were the Polar Star Board.

President's Announcements:

- Ken opened the meeting and welcomed everyone.
- Instead of our usual October monthly meeting, Polar Star participated in the 135th anniversary of St. Olaf Church, which was celebrated on Sunday, October 1. Our lodge sang and provided Norwegian desserts for the event.
- The 2024 District 5 Convention will be held June 19-22 in Indianapolis. Polar Star delegates are needed.
- We are honoring Polar Star past president Don Danielson, and celebrating his 97th birthday today.

Treasurer Report:

- In Carol's absence, Ken read a summary of the Treasurer's report (copy attached), which was accepted. We had record incomes from Vasa Park (\$2,599) and Host Fest (\$1,538). Current total assets of \$18,576.77.
- The Treasurer's report included information about last year's December donations. We donated one hundred dollars each to seven different Norwegian-related organizations. Motion passed to donate the same amounts.
- Motion to approve the Treasurer's report was made, seconded, and passed.

Secretary Report: Karen reminded everyone to finish recording their 2023 activity volunteer hours, and to submit their report to her no later than January's Polar Star meeting.

Social Director Report:

- Nancy brought a pan of Norwegian risgrøt (rice pudding). The person with the whole almond in their serving would win a traditional marzipan pig. No one came forward as finding the almond, so it was unanimously awarded to birthday boy Don Danielson.
- She reminded that we need everyone to sign up for kitchen duty for least one 2024 Polar Star meeting.

Sports Director Report: Jerri Lynn presented several awards, including a beautiful rosmaled plate to Floyd Andersen as the winning participant in the history and virtual walk to Muskego Wisconsin.

Cultural Director Report:

- Barb reminded us that our January meeting will be the Polar Star Festival of Norwegian Women. She announced that in 2024 Polar Star will celebrate the Year of the Viking.
- Barb talked about the national Sons of Norway Book Club and mentioned several books they are reading.
- She announced that the Norsk Museum's Dave Johnson's father has passed away.

Meeting Adjournment: The meeting was adjourned, followed by Polar Star's Juletrefest traditions: singing around our Christmas tree, a visit from the Nisse with gifts for the children, auction of tins of traditional Norwegian cookies, and our adult gift exchange.

Next Meetings:

- Saturday, January 6: Lefse Making Workshop with Vi Skogen.
- Sunday, January 7: Polar Star Festival of Norwegian Women, with regular Polar Star meeting.

Respectfully submitted,
Karen Oswald, Secretary

