

# Sons of Norway

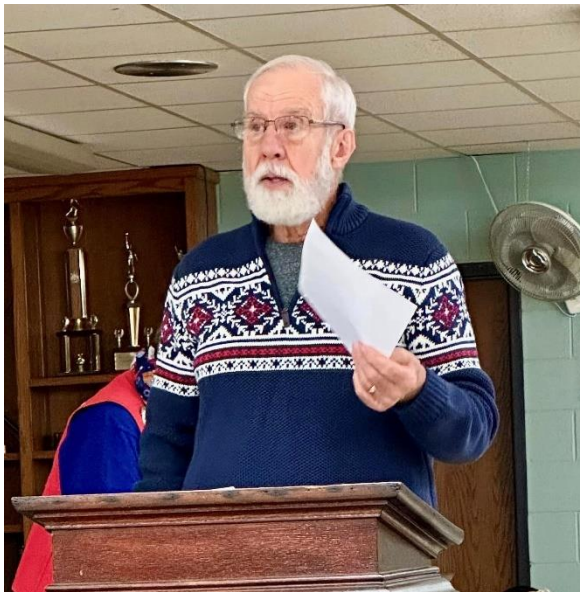
## Polar Star Lodge 5-472

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



Thanks to all of you who donated cookies last month. I will be delivering them to the Barnebirkie Event being held on Thursday, February 20 in Hayward, Wisconsin. Happy Valentines Day and hope to see all of you on Fastelavn Søndag!

Your President,  
Ken Johnson



Glædelig Valentinsdag  
Polar Star

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## Upcoming Events POLAR STAR MARCH EVENT FASTELAVN SØNDAG

Sunday, March 2

12:30 p.m.

1<sup>st</sup> St Olaf Church

See articles on page 2 -5

**April 6, 2025**

Polar Star Lodge Event

Pioneer Food, Fun and  
Music

1:30 St. Olaf Lutheran Church

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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)

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Sons of Norway – Polar Star Lodge

Visit our website

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

# March 2ND Event

## *FASTELAVN SØNDAG*

### *POLAR STAR KARNIVAL*

Our March meeting will be devoted to celebrating **FASTELAVN SØNDAG**  
Come early (12:30-1:00) and make your own dessert *Fastelavens boller* (Cardomom creamfilled buns) and make your *Fastelavris*.  
Stay for the masked procession and games  
*(Slå katten af tønde)*

**Costumes and masks are encouraged!**



Potluck begins at 1:30 – Please bring a dish to pass and your own table service.

## Member News!

**Barb Johnson WINS!!!**  
**“Soup”er Bowl 2025!**



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Jerri Lynn passes the “bowl” to Barb

# Polar Star Culture Corner

By Barb Johnson, Culture Director

## *Fastelavn Søndag – MARCH 2, 2025*

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 Søndag*. 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 "Frauen zimmerlexicon", published in 1715 in Leipzig (Germany), which describes how bachelors and virgins bid each other "good morning" 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 "*fastelavris*" 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 *fastelavnsboller*.





**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.

**Editor's Note: Barb Johnson (Polar Star Culture Director) will provide the boller. Come early to add the filling to them and then you can eat them for dessert! Craft supplies will also be available to take home a fastelavsrisis to remind you that spring is coming.**

# Fastelavnsboller

## Ingredients

75 grams (5 Tablespoons) butter  
300 ml (1 ¼ cups) milk  
10 g (3 ¼ tsp) instant fast action dried yeas  
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) mandal massa (almond paste)  
120 ml (1/2 cup) ilk240 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 ilk 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 four 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.

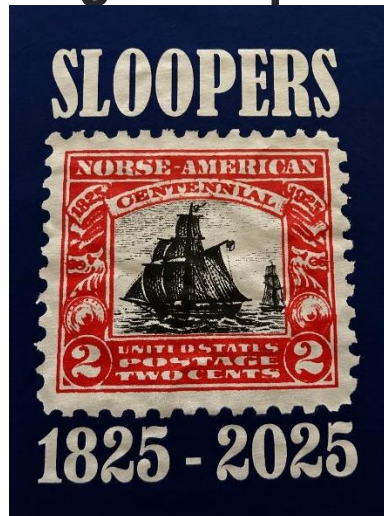
Heat the oven to 390 degree- 435 degrees). Bake between 10- 25 minutes depending on the size of the rolls. When they are nicely browned remove them from the oven and let them cool completely under a kitchen towel. The buns freeze well so you make them ahead of time and thaw before continuing to the next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

Slice a tin portion off the top of each bun and set aside. Using a for, 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 cram over the top of the paste filling creating a large mound. Place the lids of the buns on top of the cram and dust them with powdered sugar right before serving. They are best eaten on the day they are filled within a couple of hours

# “CELEBRATING NORWEGIAN IMMIGRATION”

Coming Soon.... The 200<sup>th</sup> Anniversary  
Heritage Recipe Book



There is still time to provide family recipes for the cookbook. Deadline is June 1, 2025. Send recipes to [Barbjjohnsonb@aol.com](mailto:Barbjjohnsonb@aol.com)

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## Sons of Norway Zoom Book Club

**FEBRUARY 27- 6:00 p.m. central time**

Main Read: *We are Going to Pick Potatoes: Norway and the Holocaust*

by Irene Levin Berman

Mystery Read: *Sidetracked* (Wallender #5) by Henning Mankell

### March Selections

Main Read: *King Harald's Saga* by Snorri Sturluson

Mystery Read: *Only the Dead* (Minnesota Trilogy #2) by Vidar Sundstol

To participate contact:

Bill Browing

Sons of Norway Book Club Coordinator

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

Polar Star Sports and Activities  
**FRILUFTSLIVET (THE OUTDOOR LIFE)**

by Sports Director, Jerri Lynn Baker



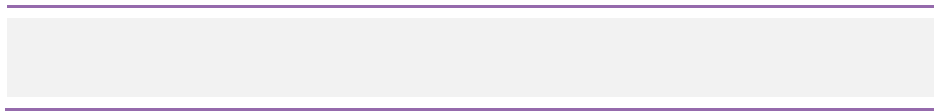
Polar Star members please spend some time outside this month and enjoy the  
 “Friluftslivet”. Keep walking – only 8 months left in our virtual walk!

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## Polar Star 5-472 2025 EVENT SCHEDULE

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

<b>MARCH 2</b>	<b>Fastelavn Søndag</b>
<b>APRIL 6</b>	<b>Pioneer Food, Food and Music</b>
<b>MAY 4</b>	<b>Polar Star Memorial Service</b>
<b>SAT. - JUNE 7</b>	<b>NORWAY MUSEUM OPEN HOUSE AND BREAKFAST</b>
<b>JULY</b>	<b>POLAR STAR FAMILY MONTH – NO EVENT SCHEDULED</b>
<b>AUGUST 3</b>	<b>Pioneer Piknik and Ice Cream Social</b>
<b>SEPTEMBER 7</b>	<b>VASA PARK 9:00 a.m.</b>
<b>OCTOBER 3-5</b>	<b>Celebrating Norwegian Immigration Culture weekend, Norway, Illinois</b>
<b>NOVEMBER 2</b>	<b>Høstfest begins at 11:30 a.m.</b>
<b>DECEMBER 7</b>	<b>JULETREFEST</b>





# Norge Ski Club's International Winter Tournament Jan 25-26,2025



**Photos: Art and Nancy Andersen**



# Lefse Workshop with Vi Skogen January 4, 2025



Cook the potatoes



Peel the potatoes



Rice the Potatoes



Mix the dough



shape the dough



Roll the dough



Fry the dough

# 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>



**Al Bergh celebrated 92 on February 4<sup>th</sup>  
Gratulerer med dagen!**



# Penny Social 2025

## Thanks to all of the Soup Makers....



The Winning Ticket is.....







# Kumla Middag

(Kumla Supper for you non Norwegians)

Fern Dell Historic Association

When: Feb. 15, 2025

Time: 4pm til 7pm

Where: Newark Fire Dept.

101 E. Main St. Newark, IL

Questions: 815-735-8319

Silent Auction



\$16 per meal

Alle er Velkomne

All are Welcome

Scandinavian Park Inc., NFP  
presents

# 20th Annual Vasa Park Fundraiser and Luncheon

Saturday, March 22, 2025  
11:00 AM - 3:00 PM

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

**Luncheon Donation: \$70 - members, \$75 - non-members**

Choice of Sliced Prime Rib of Beef, Chicken Rosemary Veloute or Vegetarian

Complimentary Mimosas and Cash Bar

There will be a cash drawing as well as Raffle Table with wonderful and generous donations from Nordic organizations, businesses and individuals

Entertainment by singer James Libera  
and additional music courtesy of Swedish Folk

Pay online at <http://www.vasaparkil.com/> using the online registration form.  
Payment can be made via PayPal or most common credit cards. Payment may also be made using the attached registration form. Payment and registration due by March 3, 2025.

No payments will be accepted at the door,

For more information please call Carol Hoidahl at 847.358.1527

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

Make checks payable to **Scandinavian Park, Inc. NFP**

and mail to: Carol Hoidahl, 25 Duxbury, Rolling Meadows, IL 60008

Number of Members \_\_\_\_\_ Number of Non-Members \_\_\_\_\_ Check Enclosed \_\_\_\_\_

Name \_\_\_\_\_  
Circle one: Beef Chicken Vegetarian

Name \_\_\_\_\_  
Circle one: Beef Chicken. Vegetarian

Address \_\_\_\_\_

E-mail Address \_\_\_\_\_

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

I cannot attend, but here is a donation to **Scandinavian Park Inc. NFP**,  
owners of Vasa Park, in the amount of \$ \_\_\_\_\_



**IN MEMORIAM  
ELEANOR B. BATES  
JANUARY 1, 1924 – JANUARY 29, 2025**



**Eleanor joined Polar Star Lodge 5-472 on January 6, 1991. Her smile will be missed by all of us. TAKK FOR ALT Eleanor!**

**Sons of Norway  
Polar Star Lodge 5-472  
Regular Meeting, February 2, 2025**

**St. Olaf Lutheran Church  
1233 Douglas Avenue  
Montgomery, IL 60538**

At 1:30, prior to our usual potluck luncheon, we held our annual Polar Star Soup Cook-Off. Everyone tasted the eleven delicious soups submitted for the contest. The guests assigned with counting today's Soup contest ballots announced that Barb Johnson won first place. She was awarded the Polar Star Golden Pot.

Our potluck luncheon following the soup contest also included Norwegian meatballs, several salads, side dishes, and desserts. The kitchen committee of the day included Karen Oswald.

In the absence of both President Ken Johnson and Vice President Frank Krawczyk due to illness, Secretary Karen Oswald called the meeting to order at 2:40 PM, following the Soup Cook-Off and potluck luncheon. She opened the meeting with the Pledge of Allegiance, and welcomed everyone.

**Treasurer Report:**

- Carol read a summary of the monthly Treasurer's report (copy attached). Current checking account balance is \$2,976.64, and our total assets are \$17,427.87.
- Vasa Park will be holding their Luncheon Fundraiser on Saturday, March 22.
- Carol reported receipt of thank you letters for some of our 2024 donations.

**Secretary Report:** Karen announced that in 2024, Polar Star lodge members volunteered 1002 Community Service hours and 581.5 fraternal hours. She thanked everyone and also encouraged everyone's volunteer efforts by remarking that lots of volunteer opportunities will be available to all of us in 2025, from signing up for kitchen duty at a monthly meeting, to being a docent at the Norsk Museum for a day or two this summer, to having fun volunteering for a few segments at our upcoming October 3-5 Norwegian Culture Weekend.

**Social Director Report:**

- Nancy reported on the fun, impressive attendance, and activities at the Norge Ski Club's 2025 International Ski Tournament held last weekend.
- She told us about the great time had at Vi Skogan's Lefse making workshop, Vi also spoke and told us about the day.
- Nancy also reminded that we still need members to volunteer and sign up for kitchen duty for least one 2025 Polar Star meeting. Coverage is still needed for our April, May, and August 2025 meetings.
- Following up on the Viking music program presented at last month's meeting, Nancy's husband Art Andersen (our Polar Star photographer and postage stamp coordinator) showed us (and played!) an antique Viking horn that has been in his family for many years.

**Sports Director Report:** Jerri Lynn reminded everyone to keep walking.

**Cultural Director Report:**

- Barb told us about the March meeting's Fastelavn Sondag celebration.

- She asked everyone to focus this year on our Polar Star 2025 immigration theme. Many books are available.
- Barb asked everyone to save October 3-5, 2025 for our upcoming 2025 “Celebrating Norwegian Immigration” cultural weekend, and to read the weekend’s schedule and registration forms that were emailed to all our members on January 15. We are hoping that you all will attend, and that all of us will volunteer for some small segments of it (but mainly to attend and enjoy). Questions answered at our March meeting.

**Meeting Adjournment:** The meeting was adjourned at 3 pm, followed by our always-popular annual Penny Auction.

**Next Meeting:** Sunday, March 2: Fastelavn Sondag celebration. Wear your costumes and masks!

Respectfully submitted,  
 Karen Oswald, Secretary

**2025 POLAR STAR KITCHEN COMMITTEE**

<b>March 2</b>	<b>Sue &amp; Steve Tanda Carol and Frank</b>
<b>April 6</b>	
<b>May 4</b>	
<b>June 7</b>	<b>Norsk Museum Opening</b>
<b>Aug. 3</b>	
<b>Sept 7</b>	<b>Vasa Park Event</b>
<b>Oct 3-5</b>	<b>All members Needed Polar Star Hosting Norwegian Immigration Culture Weekend</b>
<b>Nov. 2</b>	<b>All members - Høstfest</b>
<b>Dec. 7</b>	<b>Polar Star Board - Juletrefest</b>

