

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



God Vår Polar Star!!

Happy spring!!! I hope you are all enjoying the snow today
and the warm weather coming tomorrow!

Don't forget to register for the October Culture Weekend.
Please take a close look at the schedule and sign up with
Karen Oswald to fill a needed spot on the volunteer
schedule.

Vi sees I April!! (See you in April)

**Your President
Ken Johnson**



Polar Star 2025

See page 9 for calendar of events

Upcoming Events

Sunday, April 4, 2025

See page 2 for details

1:30

St. Olaf Lutheran Church
See article on page 2

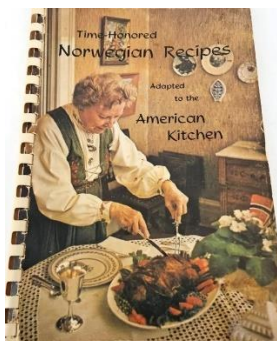
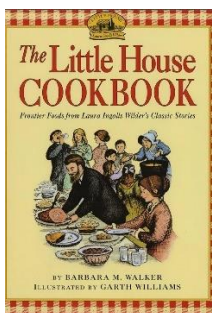
Polar Star Newsletter Deadline
Will be the 14th of every month.
Please submit all articles to Barb
Johnson at barbijohnsonb@aol.com
Follow us on Facebook @
Sons of Norway – Polar Star Lodge

Polar Star
Celebrating Norwegian Immigration 2025
April Lodge Event
Sunday April 4, 2025

**“The Evolution of the Norwegian
American Kitchen”**



Nancy Andersen, Polar Star Social Director, will lead us on a historical journey that highlights the many changes Norwegian American women have dealt with as they worked to feed their families when they emigrated to America and through the years since then.



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

Polar Star Culture Corner

by Barb Johnson

In 2025, in celebration of Norwegian Immigration, I will be featuring textile classes offered at Esther's Place in Big Rock, Illinois. The owner of Esther's Place is partnering with us to highlight the importance of creating textiles to early Norwegian pioneers here in Illinois.

Upcoming Classes at Esther's Place in Big Rock Illinois



SHIBORI DYEING

\$60.00

Shibori Dyeing

Sat. March 22nd 1-4 pm

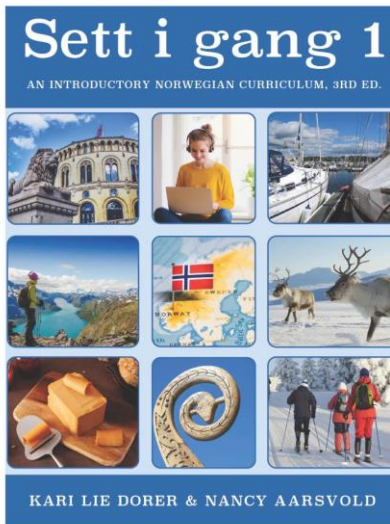
Seeped in Japanese culture, shibori means to "squeeze or press" and describes how we use the fabric to create patterns!

Create beautiful colors and designs using just a few simple things, some dye and a little magic! We'll be dyeing a 14" x 72" silk scarf.

We'll have an hour break during class while the dye is setting, so bring a project or grab a coffee

Call 630-556-9665 to register for the class

District 5 Norwegian Language Class



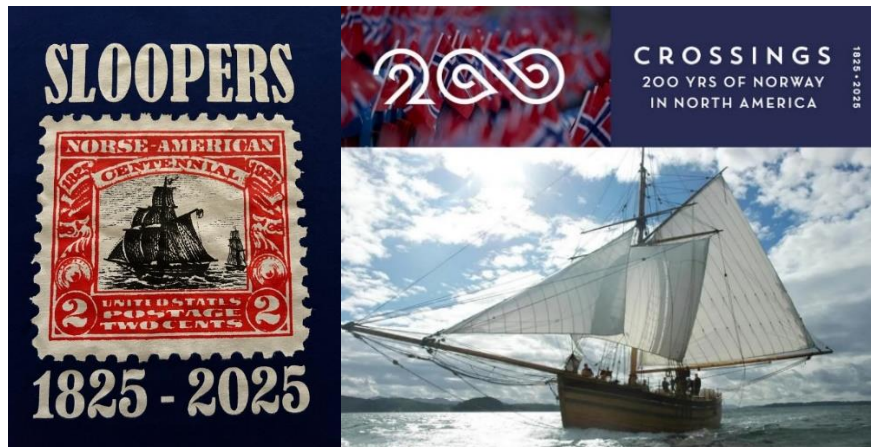
Norwegian Language Class - April 16 th 10:30 am EST Askeladden Lodge warmly invites you to attend an informal language class on April 16th via Zoom. The class is continuing with chapter 2 of the “Sett i gang” 3rd edition textbook by Kari Lie Dorer and Nancy Aarsvold. The book’s subtitle is, “An Introductory Norwegian Curriculum”. The textbook via Amazon runs circa \$70. One of the benefits of this text is its companion web portal; unrestricted use of the portal resources is available for \$10.00 for two (2) years. Come prepared to converse on topics in Chapter 1 (Getting Acquainted) and Chapter 2 (Studies, Work, and Leisure). Please be prepared to address the exercises on page 25 to the end of the chapter! The chapters are full of interactive opportunities to speak, read and write with many graphics. The class meets once a month via Zoom / in person at a library. The Zoom link will be sent to you either the day of or the day before the class. Please RSVP you interest to astutekaren@gmail.com. See you there!

Editor’s Note: I have signed up to attend the April 16h Zoom class. I ordered my book on Amazon. Current price is \$62.99 hard copy or \$32.00 on Kindle.

"CELEBRATION NORWEGIAN IMMIGRATION"

"CROSSING 200"

By Barb Johnson, Culture Director



Polar Star Culture Goals 2025

What a great year to celebrate our Norwegian heritage!!! Plans are completed for our heritage weekend celebrating Norwegian Immigration October 3-5 in Norway, Illinois. You should have received the registration materials in a separate email to our membership so please register early.

2025 will also be a great opportunity for our members to earn Sons of Norway culture medals in literature, food, music, knitting, stamps, folk dancing and genealogy.

Following is a list of the Sons of Norway culture medals with Polar Star requirements for 2025.

Polar Star 2025 Culture Goal Medal Requirements

Literature: Read three different books from three different genres written by Norwegian or Norwegian American Authors

Editor's notes: I recommend these books. We will be that will be highlighted this year and support our immigration theme.

1. Fiction:

- a. *Sons of the Old Country* by Waldemar Ager
- b. *Giants in the Earth* by O.E. Rølvaag
- c. *An Untamed Land* by Lauraine Snelling
- d. *The Cotter's Son* by H.A. Foss

2. Non-Fiction:

- a. *Mission to the City* by Karl Holm (Arthur Andersen's Grandfather)
- b. *From Horse and Buggy to the Moon* by Phyllis Benson (Barb Johnson's mother)
- c. *The First Norwegian Settlements in America* by Mike Palecek
- d. *The Diary of Elisabeth Koren* - Edited by David. T. Nelson

3. Poetry: *Balancing* by Kathleen Ernest

Poems of the Female Immigrant Experience in the Upper Midwest, 1830-1930

Traditional Norwegian Cooking – Prepare 5 traditional Norwegian recipes

- 1. Participate in the Polar Star Lefse Making Workshop
- 2. Prepare a Norwegian soup for our "Soup"er Bowl
- 3. Participate in our "fastelavnsboller" baking event on March 1st
- 4. Prepare a "box lunch" for our Pioneer Piknik in August
- 5. Prepare a Norwegian dessert of your choice for the Culture Weekend in October.

Music

Listen and review at least three different early Norwegian immigration instruments and music.

- 1. Attend the "Celebrating Norwegian Immigration" Culture Weekend to hear Norwegian folk music
- 2. Sing in the Culture Weekend Norwegian Choir

Knitting: Knit a simple scarf

Attend a Polar Star sponsored knitting workshop. Date TBD.

Stamps: Collect 50 Commemorative Stamps from Norway, America or Canada.

Place your stamps into an album and attend the Culture Weekend stamp presentation by Arther Andersen.

Folk Dancing: Learn and perform three (3) Norwegian folk dances

1. Attend and participate in the Culture weekend Barn Dance.

Genealogy: Share your genealogy

Prepare a family tree chart to be displayed at our Culture Weekend. (specific report forms will be provided in future newsletters and explained a monthly lodge event).

Look for more details and updates each month.



Polar Star Sports and Activities

by
Jeri Lynn Baker

To my walkers... 418 miles marks half the distance to Norway, II from New York. To be on track you should be at 418 miles today.

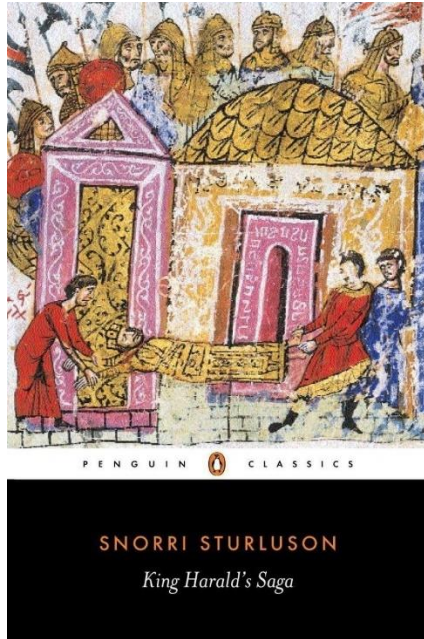


Sports Director Jeri Lynn Baker awards Diana and Barb with Mardi Gras beads in recognition of reaching their 375 mile walking goals!

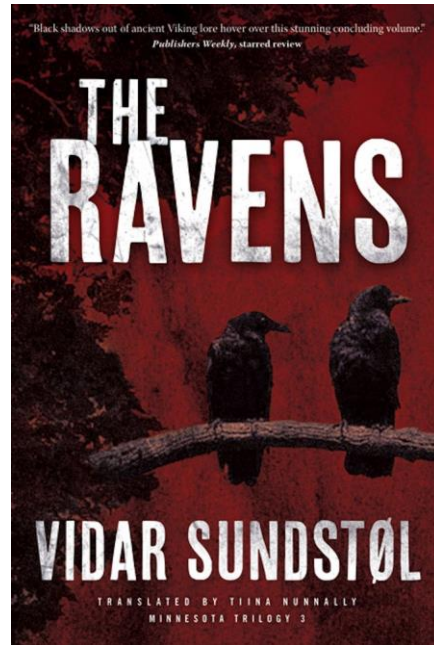
Sons of Norway Book Club

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 March 27, 2025 Zoom Book Club Selections



Main Read



Mystery Read

The Book Club Zoom meeting is held the 4th Thursday of the month at 6:30 central time.



Five Reasons to Join the Sons of Norway Book Club

- Monthly Zoom meetings to discuss fiction and non-fiction book selections from Norwegian and Nordic neighbor authors.
 - Easy way to earn all three levels of the Sons of Norway Literature Culture medal
 - Monday evening live "Author Talks" on the 2nd Monday of the month
 - Periodic newsletter with the latest book reviews and literary events
- A chance to meet and interact with Sons of Norway members from other parts of the United States.

Editor's note: The Ravens is book 3 of a three part Mystery series called the "Minnesota Trilogy. I highly recommend you read Book 1 "Land of Dreams" first. The series is set in and around Duluth, Minnesota.

Polar Star 5-472 - 2025 Events and Programs

The year of

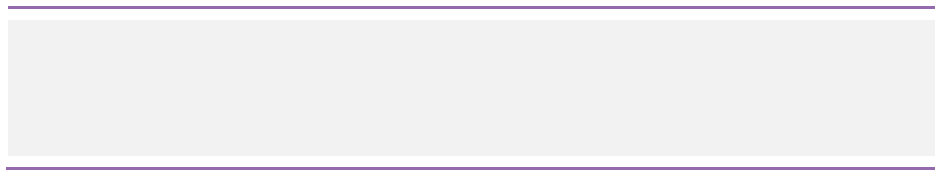
“Celebrating Norwegian Immigration”

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

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

2025 POLAR STAR KITCHEN COMMITTEE

March 2	Sue & Steve Tanda Carol and Frank	Nov. 2	All members – Høstfest All members
April 6	Diana R. & Ed. H.	Dec. 7	Polar Star Board
May 4	????????????????????????????		
June 7	Norsk Museum Opening all members		
Aug. 3	????????????????????????????		
Sept 7	Vasa Park Event All members		
Oct. 3-5	Culture Weekend All members		





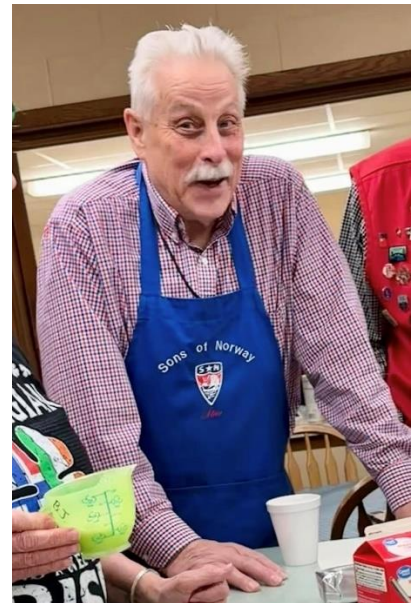
Polar Star Members!

MARCH 16-31

19 Art Andersen
19 Joni Koehler
21 Ronn Vann
22 Carol Devito
23 Stephan Tanda

APRIL 1-14

14 Julianne Peterson



FASTELVAN SØNDAG 2025



Fastelavnboller Baking Crew!!

Making Fastelavnboller







FASTELAVNRIS FUN!!





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

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

President Johnson called the meeting to order at 2:15 p.m., following a 1:30 p.m. delicious potluck luncheon of sloppy joes and various side dishes and desserts. Tables were decorated with fun Mardi Gras and St Patrick's Day items, and many wore festive Mardi Gras masks and costumes. Several members arrived early (12:30-1:00) to help put together "Fastelavens Boller" (traditional cardamom cream-filled buns). Kitchen hosts were Sue and Steve Tanda, Carol DeVito, and Frank Krawczyk.

President's Announcements:

- Ken opened the meeting with the Pledge of Allegiance, and welcomed everyone.
- Pledge of Allegiance was followed by the singing of the United States, Norwegian, and Canadian national anthems accompanied by Cole Johnson on the piano.
- Ken introduced the return of our long-time Polar Star member Richard Jensen.
- Motion to approve the minutes for our February meeting was made, seconded, and passed.
- We plan to participate in the Park Ridge Syttende Mai parade (May 18), and the Geneva Swedish Days parade (June 22). Save the dates. We plan to advertise our Oct 3-5 Heritage Weekend at both events.

Treasurer Report:

- Carol read a summary of the monthly Treasurer's report (copy attached). Current checking account balance is \$3,470.89, and our total assets \$17,922.12. Motion to approve the report was made, seconded, and passed.
- Those who would like their name listed as a "well-wisher" in the 2025 Park Ridge Syttende Mai brochure, needed to give their \$2 to Carol by the end of today's meeting.

Heritage Oct 3-5 Weekend Committee Report:

- Barb reminded everyone about the October 3-5 Heritage Weekend, and described how workers/volunteers might be able to get their registration fee waived.
- Karen asked everyone to, by the end of March, read through the weekend's schedule information and determine where they would like to volunteer. She encouraged everyone's volunteer efforts by remarking that lots of volunteer opportunities will be available to all of us that weekend and that we will all have fun not only attending, but also volunteering for a few activities ((but mainly to attend and enjoy!). Karen described the process the committee will be using to track all the activities, as well as the equipment, tables/chairs, electronic set-ups, supplies, workers/volunteers, etc. that will be needed for each activity.
- By the end of March, **all members** please call, text, or email Karen with your volunteer choices, and if you have any questions about volunteering. Her contact information will be in the March newsletter. There are so many things that the committee has to commit to/arrange/purchase beforehand, so is important that we make sure to have all jobs filled as soon as possible. The coming months will fly by before we know it!

Sports Director Report: Jerri Lynn talked about our August 4, 2024 to Oct 5, 2025 Slooper immigration virtual walk from New York City to Norway, IL, and reminded everyone to keep walking. She awarded Mardi Gras beads to those who have already walked 375 miles.

Cultural Director Report:

- Barb led us in singing the Birthday son for members with March birthdays.
- She also led us in singing the Fastelavn Sondag song, and then we all enjoyed the Fastelavens Boller.

Meeting Adjournment: The meeting was adjourned at 2:47 pm, followed by our Fastelavn Sondag celebration: hitting the cat (candy) out of the barrel (pinata), and making Fastelavn bushes with birch branches, colored paper, feathers.

Next Meeting: Sunday, April 6: Pioneer Food, Fun, and Music!

Respectfully submitted,
Karen Oswald, Secretary

Please log your volunteer hours for 2025

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 before/at/after 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)													
Sloopers													
Syttende Mai Parade/Banquet (prep/food/work)													
Norwegian National League (plan/prepare/lead)													
Viking Ship (docent/manager/maintain)													
MSI Christmas Tree													
Barnbirke/Norge Ski													
SOFN Book Club													
Tubfrim													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
TOTAL COMMUNITY HOURS:													

Revised 2024

