

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



Hilsen Polar Star Lodge!

Barb and I had a great time in New York with hundreds of Norwegian Americans who gathered to greet the "Restauration" as it arrived on October 9th, on the 200th anniversary of the first organized group of Norwegians who arrived in America. We saw many of our new friends from our Heritage Weekend who also traveled to New York. We should all feel proud of the celebration that we hosted in Norway, Illinois. Thanks to everyone who contributed to our successful event.

Now that we are home, it is time to think about our annual "Taste of Norway" Høstfest (Fall Festival) on November 2nd!

I hope to see all of you at our Lodge with your family and friends to enjoy this special Lodge event. We have much to celebrate in 2025!!

Vi sees!
Your President
Ken Johnson

SofN District 5 President
Cheryl Wille-Schlesser
recognized by President Ken for
being the first registered Heritage
Weekend participant!
Thanks for your support Cheryl!



UPCOMING EVENTS

Polar Star "Taste of Norway" HØSTFEST

November 2nd

11:30- 3:30

See page 2 & 4 for details

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

Norway Museum Website

www.norskmuseum.org.

Polar Star Website

www.polarstarlodge.com



Polar Star Lodge “Taste of Norway”
Høstfest – Fall Festival
Sunday, November 2nd, 2025
St. Olaf Lutheran Church – 1233 Douglas Ave.



Smørbrød
 Norwegian Open faced
 Sandwiches



**Wow! What a great selection of
 Norwegian smørbrød and desserts!**

Lefse Demonstration





HØSTFEST WORKERS NEEDED

Please sign up to help with our Høstfest event that will be held November 2nd , 2025.

We are really in need of workers.

Work Crew

Saturday afternoon **at 1:00 p.m.** (November 1st) set up help

Sunday workers (Nov. 2nd)

Set up – 10:00

Kitchen Help any time between 11:00 - 3:00 p.m.

Food Servers from noon to 3:00 p.m.

Craft Table from noon to 3:00 p.m.

Krumkake and/or vafler demonstrators

Polar Star Loppemarked (Collectibles) noon to 3:00 p.m.

Clean up at 3:00 until we are done.

Food: We would like each member who is able to bring at least **two dozen open-faced sandwiches (smørbrød)**, plus some Norwegian dessert(s). Here is a list of the dessert items that have been well received in the past:

Fruit Soup

Lefse (homemade only)

Julekake

Kringla

Eplekake

Kransekake

Bløtkake or other cream cakes

Lingonberry Bars and Cake

Almond Bars and Cake

Ice Cream with Lingonberries

Krumkake

Kardamom rolls/cake/cookies

Please **contact both** Barb and Nancy to let them know when you will be working and what you will be bringing so we can avoid last minute phone calls.

Barb Johnson (630-632-2329 or email her at barbijohnsonb@aol.com

Nancy Andersen (640-377-2956 or email her at nancyandarthur@comcast.net) and let her know when you will be working or what you will be bringing so we can avoid last minute phone calls.

Høstfest Schedule:
11:30 Lunch is served and Market opens
1:00 President's Greeting
3:00 p.m clean up begins

Editor's note: run off page 4 and page 35 and use as a flier.

Post it on your social media or give it to a friend.

Sons of Norway – Polar Star Lodge – 5-472



“Taste of Norway” Høstfest – Fall Festival
Sunday, November 2, 2025

St Olaf Lutheran Church – 1223 Douglas Ave.
Noon- 3:00 p.m.
Montgomery, IL

***Taste Traditional Norwegian smørbrød (open faced sandwiches) and
desserts**

***Listen to Norwegian Folk Music**

***Visit the Polar Star Loppemarked (Marketplace) and Bakeri (Bakery)**

with lefse and Norwegian cookie demonstrations.
*Watch Rosemaling and Hardanger Embroidery demonstrations

Contact: Polar Star Cultural Director – Barb Johnson
Email: barbijohnsonb@aol.com or by phone: 630-553-738



Polar Star Culture Corner

by Barb Johnson

Celebrating Norwegian Immigration Heritage Weekend October 3-5, 2025

What a “fantastisk” time we all had at our Heritage Weekend celebrating Norwegian Immigration to the prairies of Illinois. Thanks to everyone on the planning committee and to all of you who worked on the program and presentations, baked cookies/cakes, sang in the choir, and to all of you who volunteered your time and talents throughout the weekend. I am proud of our Lodge and proud to be a descendant of “sloopers” and of pioneer homesteaders.

Here are just a few of the pictures of the weekend. Thanks Art, Mancy and Sue!



Norwegian Heritage Choir Rehearsal



Set up Day

Friday and Saturday Programs and Presentations







Heritage Weekend Craft Room Fun









POLAR STAR SPORTS AND ACTIVITIES

BY JERRI LYNN BAKER



“Sluppen” Around Norway, II FUN WALK



Friends and Food!





Thank you Stavanger Lutheran Church







100TH ANNUAL MEETING HELD IN NORWAY, ILLINOIS

SUNDAY OCTOBER 5, 202

Polar Star Lodge, Cleng Peerson Lodge, the Norsk Museum, and the Slooper Society of America all gathered to celebrate the Norwegian pioneers who settled in the Fox Valley area in Norway, Illinois.















Thanks to Carly and her staff and all of the Polar Star and Cleng Peerson bakers for the outstanding “middag”!

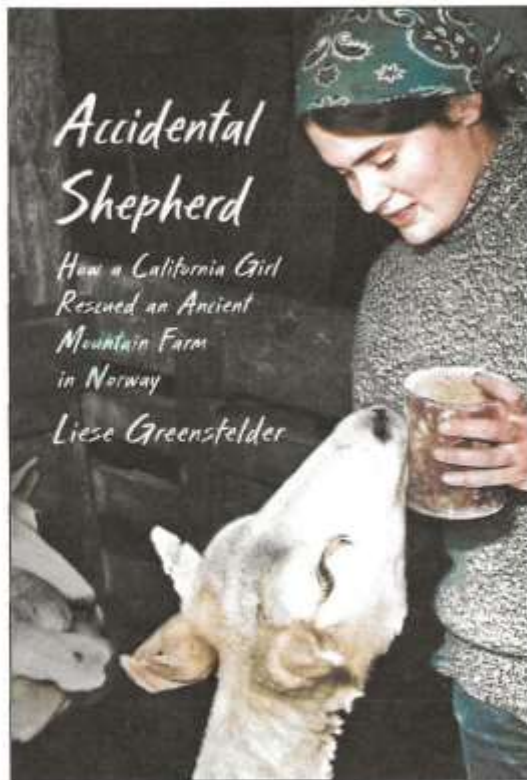


Thanks to Carly and her staff and all of the Polar Star and Cleng Peerson bakers for the outstanding “middag”!



Sons of Norway
Book Club Author Presentations

Liese Greensfelder
speaking about her book
Accidental Shepherd



"In May 1972, Liese Greensfelder arrived in the small Norwegian town of Øystese to startling news: Johannes, the farmer who hired her for the summer, had just been hospitalized after a stroke. Could she please watch over his place for a month or so, until he got back on his feet? Twenty years old and with no farming experience, Liese was dropped off the next day at a centuries-old mountain farm at the end of a dirt road high above the magnificent Hardanger Fjord—with 115 sheep, two cows, one calf, a draft horse, and a Norwegian herding dog to care for."

"This gritty memoir is a testament to the resilience of an outsider who not only made her way in a patriarchal society but also became a Norwegian celebrity: Years ago, she wrote and published an account of her experiences that became a bestseller in Norway." -*Kirkus Reviews*

Saturday, October 18, 2025, 2:00 PM Eastern Time
on Zoom

To sign into the meeting, click on the link below:

<https://us06web.zoom.us/j/88665901101?pwd=PlBCALJcI6FoV1nEQt3Rb7oCrXC9ma.1>

This is a free event.

**To RSVP, send an email with your lodge name and number to:
SonsofNorwayBookClub@gmail.com**

Editor's Note...

**I highly recommend attending this zoom author presentation.
I have just finished reading this October Sons of Norway Book Club selection and absolutely loved it.**

Gratulerer Med Dagen (Happy Birthday)

Polar Star!



Karen Oswald October 30



Cole Johnson November 4



OCTOBER 16-31

- 19. Donna Kristensen
- 19. Emilia Todd
- 30. Karen Oswald

NOVEMBER 1-15

- 4. Cole Johnson
- 6. Erika Robeck
- 9. Gelaine G. Gallucci
- 14. Michael Ward

POLAR STAR 2025-26 CALENDAR OF EVENTS

PROGRAMS 1:30 p.m. (unless listed)

Polar Star Høstfest – November 2nd

Lunch begins at 11:30

(or when St. Olaf Church service ends)



POLAR STAR JULETREFEST

SUNDAY, DECEMBER 7th

Tree trimming at 1:00 p.m.

POTLUCK BEGINS AT 1:30

January 4th 2026 (1st Sunday)

Norwegian Americans in 2026

February 1, 2026

Polar Star Penny Social and “Soup”er Bowl

Done forget to enter your Heritage Weekend Volunteer hours.....

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/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, wash/clean up, kitchen duty)													
Lodge Meeting Programs/Activities (plan/prep/attend)													
Training/Seminars (plan/prep/attend)													
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 (document management/maintain)													
Norsk Museum Fundraisers (breakfast/morgesbord/etc) (prep/food/work)													
Sloopers													
Syttende Mai Parade/Banquet (prep/food/work)													
Norwegian National League (plan/prep/attend)													
Viking Ship (document management/maintain)													
MSI Christmas Tree													
Barnelirke/Norge Ski													
SON Book Club													
Tubtrim													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
TOTAL COMMUNITY HOURS:													

Revised 2024

Sons of Norway - Polar Star Lodge



“Taste of Norway” Høstfest – Fall Festival Sunday, November 2, 2025

St. Olaf Lutheran Church – 1233 Douglas Ave.

Noon - 3:30 p.m.

Montgomery, IL

Taste Traditional Norwegian Food

Shop for Scandinavian gifts

Lefse and Krumkake demonstrations

Norwegian Craft demonstrations

Contact: Polar Star Cultural Director - Barb Johnson
email barbjjohnsonb@aol.com or by phone: 630-553-7389

