

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 at Høstfest 2025

Dear Polar Star

Every time I turn around our members are rising to new heights in Lodge success. In September, Vasa Park 2025, earned “top four” in profits. The October Heritage Weekend - “WOW” our Lodge really stepped up!! When I think about all of the work that went into the amazing event, we managed to turn around and host our annual Høstfest in November!! I can’t believe how the lodge stepped up again and produced the best Høstfest we have ever hosted in attendance and profit. You are an amazing Lodge and I’m so proud of you!! We work as a team and that’s why we are so successful. Enjoy the Holidays and know that you are the best Sons of Norway Lodge ever!!!

Tusen takk!
From your President
Ken Johnson

The Norwegians are ready for
“Christmas Around the World”
Tree trimming at the Museum of
Science and Industry



Upcoming Polar Star Events

December 7

FAMILY JULETREFEST

Tree Trimming at 1:00 p.m.

Potluck at 1:30

See article on page 2 & 3

December 7th

**Stavanger Lutheran
Church**

Scandinavian Service

7:00 p.m.

[Details on page 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 7, 2025

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 2025. Julebaking has become a fun tradition at Polar Star. This year we will bake our favorite Norwegian cookie to enter into our Polar Star Baking contest. To enter the contest, bake at least 3 dozen of your favorite Norwegian Christmas cookie recipe and place them in a cellophane covered container for tasting. The cookies will be judged by all of the guests in attendance who buy a judging ticket. President Ken will be selling tickets for \$1.00 or 6 tickets for \$5.00. He will also auction off each tin after the judging to the highest bidder with the proceeds donated to the Sons of Norway Foundation. The baker with the largest number of tickets will receive the Polar Star “Top Baking” award for 2025.

There **WILL BE** a POLAR STAR ADULT GIFT EXCHANGE again this year (\$20.00 gift limit). Bring a wrapped gift and you will take home a gift.

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.

Juletrefest Schedule:

1:00 - Tree trimming

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 **Jólabókaflód** explained on page 7 of the newsletter.

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Stavanger Lutheran Church

2904 N. 32nd Rd - Seneca, Illinois 61360

Scandinavian Service

December 7th at 7:00 p.m.

Sons of Norway singers have been invited to join the Heritage Choir again for this evening service. Please plan to attend this annual tradition at the church that supported our Heritage Weekend.



Polar Star Sports and Activities

by Jerri Lynn Baker



Congratulations to all of our Walkers for completing the 836 mile virtual walk from New York to Norway, IL for the Immigration Celebration!

Our participants were Nancy Andersen, Floyd Anderson, Jerri Lynn Baker, Barb Johnson, Karen Oswald, Diana Raimond, Kim Rubis, Carol Vigsnes and Richard Vigsnes.

If my math is correct (always questionable) together, 9 of us walked a combined total of 7,636.62 miles! What an amazing accomplishment! Thank you for continuing to keep moving!

The first person to reach the required distance of 836 miles was Diana Raimond. She also attained the highest mileage at 1,065.5 miles! Way to go Diana. Diana was awarded a Ship blanket for being the first to finish.

To those of you who hit the goal but continued to walk for Floyd and Kim, I thank you. We are a team! Kim came into the competition well after we started, yet got very close to making the goal. Floyd had been moving along

very well until life threw a curveball. I'm glad we could help Kim and Floyd to the Finish! I try not to leave anyone behind in these activities that above all are meant to be fun.

Congrats to all of us for staying as active as we can! At our December meeting "Finisher Medals" will be awarded and there will be a raffle for "valuable" (what ever I could dig up) prizes. Hope to see you there.

You are asking what's next?????

I've got you! Here is the first one to be completed by December 14th, and Barb and I have another we are just beginning to think about for 2026. Stay tuned!

Let's do two at home easy challenges! Plenty of time to complete both by December 14th, they are that easy!

Challenge #1: Card Throwing! Everyone has a deck of cards in the house, am I right? Get a hat, bowl or bucket and "throw one card at a time. Keep score of 1 point for each card landing inside the receptacle. Submit your score and photos of you in action.

Challenge #2 Thow Dice! Each person throws 2 to 5 Dice at a time (depending on how many dice you can find around your house), add up each of the dots facing up after each throw, taking turns. Play until someone reaches 100 points. Submit the winner's name and photo holding the dice.

Keep track of how long you played each game and submit that, along with the names of Polar Star members who played. who won and photos! Please submit all information by December 14th.



POLAR STAR CULTURE CORNER..

by Barb Johnson

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*).

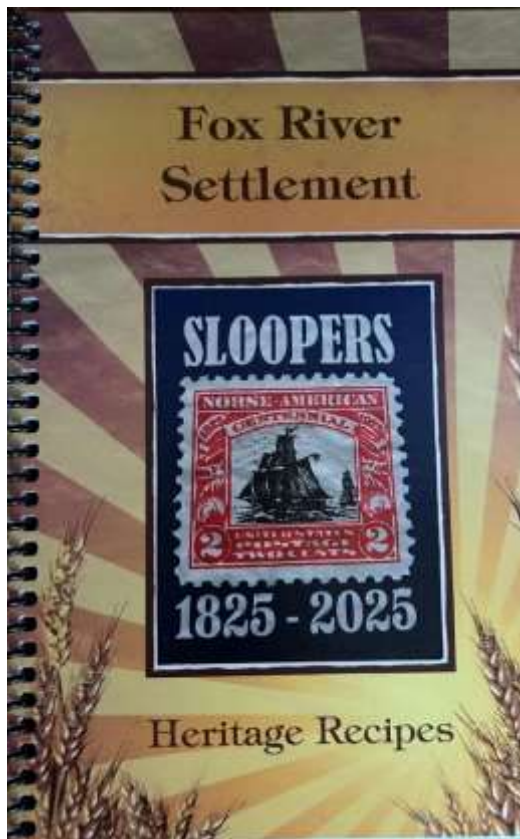
What are your “Syv Slags” of julekaker 2025????

OPPSKRIFTER (RECIPES)



God jul og lykkelig bakst!

FOR SALE AT POLAR STAR JULETREFEST
JUST IN TIME FOR CHRISTMAS GIFTING....\$20.00



The Heritage Cookbook features many Høstfest recipes from Polar Star members. Purchase yours before they are gone!

Jólabókaflód

by Barb Johnson

A Scandinavian Christmas Eve Tradition....

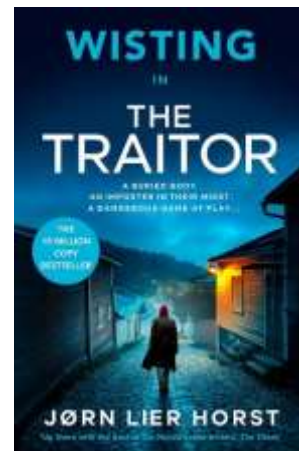
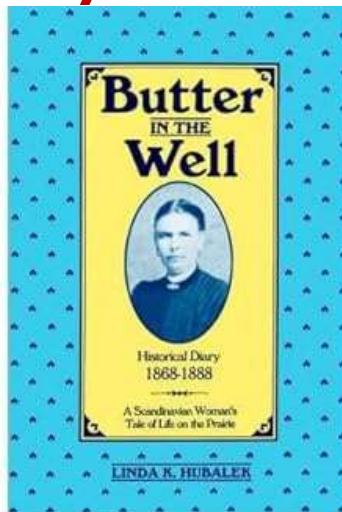
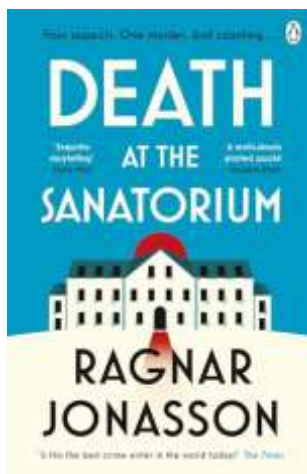
Jólabókaflód means “Christmas Book Flood”. This tradition originated during World War II when imports from foreign countries were restricted, but paper was cheap. Iceland’s population was not large enough to support a year- round publishing industry, so book publishers flooded the market with new books 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/>

Give the gift of reading to a Sons of Norway family member or friend.



Sons of Norway Book Club 2026

Polar Star "boklesere" (book readers)....The 2026 schedule for the Sons of Norway Book Club has been finalized.

January 29 & 31, 2026 - Book Club Selections

Main Read: Butter in the Well: A Scandinavian Woman's Tale of Life on the Prairie by Linda K. Hubalek

Mystery Read: Death in the Sanitorium by Ragnar Jónasson

February 26 & 28, 2026 -Book Club Selections

Main Read: Stolen: A Novel by Ann-Helén Laestadius

Mystery Read: The Traitor by Jørn Lier Horst

March 26 and 28, 2026 - Book Club Selections

Main Read: Viking London by Thomas Williams

Mystery Read: Yours Until Death by Gunnar Staalsen (Book 2 of 14:Varg Veum)

April 26 & 30, 2026: Book Club Selections

Main Read: Across the Deep Blue sea: The Saga of Early Norwegian Immigrants by Odd S. Lovoll

Mystery Read: The Tennant (Book 1 of 3: Korner and Werner) by Katrine Engberg

May 28 & 30, 2026: Book Club Selections

Main Read: Burned Out Town of Miracles by Roy Jacobsen

Mystery Read: The Bell In the Lake by Lars Mytting (The Sister Bells Trilogy #1)

June 25 & 27, 2026: Book Club Selections

Main Read: Valkyrie: The Women of the Viking World
by Johanna Katrin Fridriksdottir

Mystery Read: The Ice Beneath Her by Camilla Grebe (Hanne Wilhelmsen #9)

July 25 & 30, 2026: Book Club Selections

Main Read: The Birds by Terjei Vesaas

Mystery Read: The Girl in the Woods by Camilla Lackberg (Patrik Hedstrom #10)

August 27 & 29, 2026: Book Club Selections

Main Read: The Swedish Empire: A History from Beginning to End
by Hourly History

Mystery Read: Odd Numbers by Anne Holt (Hanne Wildelmsen #9)

September 24 & 26, 2026: Book Club Selections

Main Read: Norway to America: A History of Migration
by Ingrid Semmingsen

Mystery Read: Voices by Arnaldur Indridason (Reykjavik Murder Mysteries #3)

October 29 & 31, 2026: Book Club Selections

Main Read: Return to the Future: An Escape to the Future by Sigrid Undset

Mystery Read: We Shall Inherit the Wind by Gunnar Staalesen (Varg Veum #1)

November 19 & 21, 2026: Book Club Selections

Main Read: Norwegian Wood by Lars Mytting

Mystery Read: Cinderella Girl by H.A. Foss

December 17 & 19, 2026: Book Club Selections

Main Read: The Troll with No Heart in His Body and Other Tales of Trolls from Norway

Mystery Read: The Girl Without Skin by Mads Peder Nordbo (Matthew Cave #1)

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

Juletrepynt Needle Felting Workshop

December , 2025 - 10:00 - \$25.00

Esthers' Place

201 W. Galena Street

Big Rock, IL 60511

Call to register 630-556-9665

www.esthersplacefibers.com



Polar Star and Cleng Peerson members are invited to attend a “make and take” needle felting class to create needle felted Christmas ornaments.





POLAR STAR CALENDAR OF EVENTS

Desember 7 Polar Star Juletrefest - St. Olaf Lutheran Church – 1:00
December 7th – 7:00 p.m. Stavanger Lutheran Church
Scandinavian Candlelight Service

2025 Polar Star Kitchen Committees

December 7: Polar Star Board Members



Volunteers needed for 2026 Monthly Event Kitchen Committee
Contact Social Director Nancy Andersen to sign up for your
month of choice.

Polar Star Calendar 2026

January : Polar Star Olympic Games

FEBRUAR - Polar Star Penny Social and “Souper” Bowl Competition

GRATULERER MED DAGEN POLAR STAR

NOVEMBER (16-30) BIRTHDAYS

17. Alan Betker

18. Nancy Andersen

18. Josie Gehler

24. Soren Baber
25. Theodore Foss



DESEMBER (1-15) Birthdays

14. Vi Skogen
19. Carol Vigsnes

Høstfest 2025

The Food





“The Culture”



Krumkake



Vafler



Lefse

The Demonstraions

🇳🇴 Velkommen 🇳🇴

WELCOME

to our 100th Anniversary

Celebration held at the
Park Ridge Country Club

Sunday, 9. November 2025

Gathering music by: Swedish Folk

Social dance music by: someone (old tape from Norway)



Leikarringen "Heimhug"

Norwegian Folk Dancers of Chicago

1925 - 2025







Don't forget to fill out your Volunteer hours and turn it in at the Dec. 1st 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 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; set/clean up; kitchen duty)													
Lodge Meeting Programs/Activities (plan/prepare/lead)													
Training/Seminars (plan/prepare/teach)													
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 I 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 (room/manager/maintain)													
Norsk Museum Fundraisers (breakfast/morgensbord/etc; prep/food/work)													
Sloopers													
Syttende Mai Parade/Banquet (prep/food/work)													
Norwegian National League (plan/prepare/teach)													
Viking Ship (docent/manager/maintain)													
MSI Christmas Tree													
Barnebirke/Norge Ski													
SON Book Club													
Tubfilm													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
TOTAL COMMUNITY HOURS:													

Revised 2024