

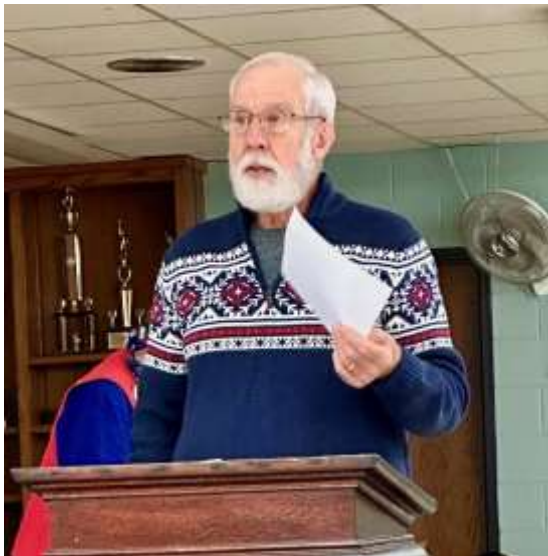
# Sons of Norway

## 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



**Godt nytt år! Happy New Year!**  
Winter has certainly arrived in Northern Illinois as we prepare for our annual Polar Star Penny Social and Soup competition. Don't forget to also bring cookies for the District 5 Barnebirkie event that will be held in Hayward, WI on Feb. 19th. Stay warm and safe and we hope to see all of you on February 1st.

**Your President  
Ken Johnson**



## Polar Star 2026

See page 12 for Lodge Calendar  
\*\*\*\*\*

## Upcoming Events

**Sunday, January 31 & Feb. 1**  
Nordic Ski Jump  
See page 3 for details

### **POLAR STAR PENNY SOCIAL and Soup Competition**

**Sunday, Feb. 1, 2025  
1:30  
St. Olaf Lutheran Church  
See article on page 2**

\*\*\*\*\*

**Polar Star Newsletter Deadline**  
Will be the 14<sup>th</sup> of every month.  
Please submit all articles to Barb Johnson at [barbijohnsonb@aol.com](mailto:barbijohnsonb@aol.com)  
Follow us on Facebook @  
Sons of Norway – Polar Star Lodge

# Godt Nytt År Polar Star!!



## **POLAR STAR PENNY SOCIAL and The Great Polar Star Norwegian “Soup”er Bowl Competition FEBRUARY 1, 2026 1:30 p.m.**

Gather 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.

**Don't forget to wear your Norwegian sweaters and to drop off your Barnebirkie cookies and/or a monetary donation (see page 3).**



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

**Norge Ski Club's**  
**International Winter Tournament 2025**  
**January 31<sup>st</sup> and Feb. 1<sup>st</sup> 2026**

**11:00 a.m - 4:00 p.m.**  
**Gates Open at 10:30AM (Sat) 11:00 (Sun)**



**Weekend Schedule**

| <b>SATURDAY JAN. 31</b>                | <b>SUNDAY Feb 1</b>             |
|--|---------------------------------|
| Junior Tournament Small Hills – Noon   | Opening Ceremonies – Noon       |
| Junior National Qualifier K70 Big Hill | US Cup Competition K70 Big Hill |
|  | Longest Standing Competition    |

**ON LINE TICKETS:**

[Norge Ski Club Winter Ski Jump 2026 | Buy Tickets in Fox River Grove | Ticketbud](#)

# **District 5 Barnebirkie**

## **Thursday, February 19, 2026**

### **Hayward, WI**



**Calling all bakers....900 dozen cookies are needed!!!!**

It's that time again! Barnebirkie will be held on Thursday, Feb 19th in downtown Hayward, WI.

There are many ways to help us out! We have a cookie goal this year of 900 dozen!

So we need those donations!

There are several drivers in southern Wisconsin heading up to Barnebirkie transporting cookies. If there are any donated cookies in Central Illinois or beyond they would have to make their way up to me in the northwest suburbs of Chicago.

Too far away? Monetary donations for the D5 Legacy Foundation are greatly appreciated. Funding from this Foundation helps to support cultural activities, including Barnebirkie!

As always we need volunteer/workers in the cookie tent - please contact me if you are able to help in any way (event and/or transport). Volunteers also need to register with Birkiebeiner.

[Clara.Solak23@gmail.com](mailto:Clara.Solak23@gmail.com)

Heading up to Hayward to help? Volunteers should make their reservations now.

**Editor's note:** For more information see this District 5 newsletter link [January92026FFFN.pdf](#)

# LET THE GAMES BEGIN

by Barb Johnson, Culture Director



**2026 is an Olympic Year**  
**Winter Games being held in Italy**  
**Feb. 6-20**

What a great year to celebrate our Norwegian heritage with fun and games!!! Polar Star Culture and Sports Directors will join forces again to provide a year filled with Nordic games and activities.

## **Polar Star Lodge Winter Games Update....**

Polar Star began 2026 with our very own Winter Games that included 4 events:

- 1) Team Trivia
- 2) Air Curling
- 3) Hallway Hockey
- 4) Trashcan Snowballing

Our January Winter Game competition will continue through February with medals being presented at the March Lodge Meeting. After four events, two countries are tied for the lead **Fin-Mark** and the **USA** but it will all come down to the last two events, "Olympic Current Events" that will be completed at our March 1<sup>st</sup> Lodge meeting.

## Polar Star Winter Games - January 5, 2026



**Editor's note....**Captains – I would suggest you encourage your team members to watch the Olympic coverage on **NBC** and to attend the Feb. 1<sup>st</sup> lodge meeting to receive "Olympic Hints" given by your Culture Director.

**POLAR STAR “VINTER” LEFSE MAKING WORKSHOP**  
**Date TBD -on a Saturday morning - 9:00 a.m.**  
**St. Olaf Lutheran Church Basement**



**Polar Star will be hosting a winter Lefse Making Workshop led by our very own Vi Skogen as soon as the Idaho Russet “Burbank” potatoes become available. 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. Please let Barb know if you want to be included on the email list when the event is scheduled.**

**Don’t forget your favorite apron**

# Sons of Norway Zoom 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](mailto:SonsofNorwayBookClub@gmail.com).

## Sons of Norway February 2026 Zoom Book Club Selections

Main Read: *Stolen: A Novel* by Ann-Helèn Laestadius

Mystery Read: *The Traitor* by Jørn Lier Horst

The Book Club Zoom meeting is held the 4<sup>th</sup> Thursday of the month at 7:00 CT  
or the last Saturday at 1:00 p.m. CT



### Seven 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 2<sup>nd</sup> 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.
  - Children and Teen Book Clubs coming in 2025
  - On-line Writing coming in 2025.

Editor's Note: I highly recommend this Book Club. The book selections are fantastic and the participants from all the country provide interesting insights from their unique perspectives.

# Polar Star Culture Corner

By Barb Johnson, Culture Director

## Fastelavn Søndag – February 15th, 2026

**This year Fastelavn Søndag will fall between our Feb and March lodge meetings but I encourage all of you to celebrate with your families especially since it falls during the 2026 Olympic Winter Games.**

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 Norweigan teacher, native speaker, "Come for Coffee" author and friend.

**Fastelavnsrisis:** 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 Sunday. 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 *fastelavnsrisis* 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 "Frauenzimmerlexicon", 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 "fastelavnsris" 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 fastelavnsbolle.



**Polar Star fastelavnsboller baking**

### **Fastelavnsboller: Whipped cream yeast rolls**

These delicious whipped cream and almond paste 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.

# 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 still 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.

# Polar Star 5-472 - 2026 Events and Programs

## The Year of “Fun and Games”

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

|   |   |
|---|---|
| <b>FEBRUARY 1</b>                                 | <b>POLAR STAR PENNY SOCIAL and<br/>SOUP COMPETITION</b>   |
| <b>MARCH 1</b>                                    | <b>Winter Games Closing Ceremony</b>  |
| <b>APRIL 12</b><br><b>2<sup>nd</sup> Sunday</b>   | <b>Nordic Walking</b>   |
| <b>MAY 3</b>                                      | <b>TBD</b>  |
| <b>SAT. - JUNE 6</b>                              | <b>NORWAY MUSEUM OPEN HOUSE AND BREAKFAST</b>   |
| <b>JULY</b>                                       | <b>POLAR STAR FAMILY MONTH – NO EVENT SCHEDULED</b>   |
| <b>AUGUST 2-5</b>                                 | <b>Sons of Norway District 5 Convention – Stoughton, WI</b>   |
| <b>AUGUST 9</b><br><b>2<sup>nd</sup> Sunday</b>   | <b>Pioneer Piknik and Ice Cream Social</b>  |
| <b>SEPTEMBER 13</b>                               | <b>VASA PARK 9:00 a.m.</b>  |
| <b>OCTOBER 11</b><br><b>2<sup>nd</sup> Sunday</b> | <b>Slopper Society of America Annual Meeting<br/>Norway Community Building<br/>Norway, Illinois</b> |
| <b>NOVEMBER 1</b>                                 | <b>Høstfest begins at 11:30 a.m.</b>  |
| <b>DECEMBER 6</b>                                 | <b>JULETREFEST</b>  |

## 2026 POLAR STAR KITCHEN COMMITTEE

|                |  |               |  |
|----------------|--|---------------|--|
| <b>Feb. 1</b>  | <b>Karen Oswald<br/>and Soup Competitors</b>                                   | <b>Nov. 1</b> | <b>All members<br/>Polar Star Høstfest</b> |
| <b>March 1</b> | <b>Sue &amp; Steve Tanda<br/>Carol and Frank</b>                               | <b>Dec. 6</b> | <b>Polar Star Board</b>                    |
| <b>April 5</b> |  |               |  |
| <b>May 3</b>   | <b>Jeanne &amp; Craig Leifheit<br/>Carol &amp; Don Hirsch</b>                  |               |  |
| <b>June 6</b>  | <b>Norsk Museum Opening</b>  |               |  |
| <b>Aug. 9</b>  | <b>Kelly Welin</b>   |               |  |
| <b>Sept 13</b> | <b>Vasa Park Event</b>   |               |  |
| <b>Oct. 11</b> | <b>Polar Star Bakeri –<br/>all members needed at<br/>Slooper Society Event</b> |               |  |
|                |  |               |  |



|                          |                       |                          |                       |
|--------------------------|-----------------------|--------------------------|-----------------------|
| <b>January<br/>16-31</b> | <b>Birthdays</b>      | <b>February<br/>1-15</b> | <b>Birthdays</b>      |
| <b>Jan 29</b>            | <b>Elsie Sorenson</b> | <b>Feb 1</b>             | <b>Brianna Meek</b>   |
|                          |                       | <b>Feb 3</b>             | <b>JoAnn Ward</b>     |
|                          |                       | <b>Feb. 4</b>            | <b>Al Bergh</b>       |
|                          |                       | <b>Feb. 6</b>            | <b>JoAnn Gryder</b>   |
|                          |                       | <b>Feb. 9</b>            | <b>Al Benson</b>      |
|                          |                       | <b>Feb. 14</b>           | <b>Craig Leifheit</b> |

# Polar Star Membership Anniversaries

We are proud and thankful to the following members who are celebrating their Sons of Norway membership this month.

| Lodge Member   | #Years   | Anniversary Date  |
|----------------|----------|-------------------|
| Larry Baker    | 5 years  | January 6, 2020   |
| Carol Vigsnes  | 9 years  | January 16, 2017  |
| Richard Vignes | 9 years  | January 16, 2017  |
| Brianna Meek   | 19 years | February 1, 2007  |
| Phoebe Bergh   | 26 years | February 6, 2000  |
| Al Bergh       | 26 years | February 4, 1933  |
| Cary Hatteberg | 10 years | February 8, 2016  |
| Al Benson      | 11 years | February 28, 2015 |



Tusen  
tak

shutterstock.com · 266021780

Please turn in your Sons of Norway Volunteer form ASAP

### 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<br>(prepare food for pot luck;<br>set/clean up; kitchen duty) |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Lodge Meeting<br>Programs/Activities<br>(plan/prepare/lead)                      |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Training/Seminars<br>(plan/prepare/lead)   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Officer Duties   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Manage Newsletter/<br>Facebook/Website   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Board/Committee<br>Meetings  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| District or National<br>Meetings/Training  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Other<br>(describe)  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| <b>TOTAL MEMBERSHIP HOURS:</b>   |     |     |     |     |     |      |      |     |      |     |     |     |       |

- **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<br>(prep/food/work)   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Fox Valley<br>Norwegian Choir  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Vasa Park<br>(prep/food/work)  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Norsk Museum<br>(docent/manage/maintain)                                     |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Norsk Museum<br>Fundraisers<br>breakfast/smorgasbord/etc<br>(prep/food/work) |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Sloopers   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Syttende Mai<br>Parade/Banquet<br>(prep/food/work)                           |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Norwegian National<br>League<br>(plan/prepare/lead)                          |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Viking Ship<br>(docent/manage/maintain)                                      |     |     |     |     |     |      |      |     |      |     |     |     |       |
| MSI Christmas Tree   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Barnebirke/Norge Ski   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| SOFN Book Club   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Tubfrim  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Schools/Libraries  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Support Other Lodge  |     |     |     |     |     |      |      |     |      |     |     |     |       |
| Other (describe)   |     |     |     |     |     |      |      |     |      |     |     |     |       |
| <b>TOTAL COMMUNITY HOURS:</b>  |     |     |     |     |     |      |      |     |      |     |     |     |       |

**Sons of Norway  
Polar Star Lodge 5-472  
Regular Meeting, January 4, 2026**

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

President Johnson called the meeting to order at 2:25 p.m., following a delicious potluck luncheon. Fried chicken was served, along with salads, side dishes, and desserts. Kitchen hosts were Barb and Ken Johnson, and Nancy Andersen.

**President's Announcements:**

- Ken opened the meeting with the Pledge of Allegiance, and welcomed everyone. We sang the U.S., Norwegian, and Canadian national anthems. New members included Marian Mickelson, Joy Kauke, and Carol and Don Hirsch. Guests included Lori Nolan, Art Andersen's cousin Dan Riggs, and Floyd Anderson's granddaughter Scarlett and son Travis.
- Easter falls on the first Sunday in April. It was voted to hold our April meeting on the second Sunday, April 12.
- The District 5 Convention will be held this year August 2-6 in Stoughton, Wisconsin. Let Ken know if you are interested in attending or being a delegate.
- Floyd's granddaughter Scarlett and son Travis each shared a few words with us.

**Treasurer Report:** Carol read a summary of the monthly Treasurer's report (copy attached). Current checking account balance is \$9,733.18, and our total assets \$24,427.89. Motion to approve the report was made, seconded, and passed.

**Secretary Report:**

- Motion to approve the December meeting minutes was made, seconded, and passed.
- Karen reminded everyone to finish recording their 2025 volunteer hours, and to submit their report to her no later than February's Polar Star meeting.

**Social Director Report:**

- Nancy told everyone about the Norge Ski Club International Winter Ski Jump Tournament to be held January 31 and February 1 in Fox River Grove. See the December and January newsletters for details.
- We still need members to sign up for kitchen duty for least one 2026 Polar Star meeting. Coverage is still needed for some of our remaining 2025 meetings. Please help out YOUR lodge by signing up for a meeting.

**Social Director Report:** Jerri Lynn awarded the special pin to Carol and Richard Vigsnes, who in October also completed the 15-month, 836-mile virtual walk from New York City to Norway, Illinois.

**Cultural Director Report:**

- Barb reminded about the needle felting workshop to be held at 10 a.m. January 23, in Big Rock, Illinois. Fee is \$25 to cover the class and all materials.
- Barb also reminded about the Sons of Norway Virtual Book Club.
- Barb rounded us all up for this month’s birthday celebration song.

**Meeting Adjournment:** The meeting was adjourned at 2:55, followed by Polar Star’s exciting Winter Olympics, featuring hallway hockey, air curling, and trashcan snowballing.

**Next Meeting:** Sunday, February 1: annual “Souper” Bowl Contest, Penny Social Auction, and Barnebirke cookie donations.

Respectfully submitted,  
Karen Oswald, Secretary

