NOVEMBER 2026 NEWSLETTER

Volume XIV Issue XI

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
Thanks to everyone in our Lodge who stepped up for Høstfest! We were short-handed but still managed to have the most successful Høsfest event 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!!! Looking forward to seeing all of you at the Polar Star Juletrefest!

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 6

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

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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 6, 2026

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

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/jolabokaflod-meet-favorite-new-holiday-tradition/

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

Stavanger Lutheran Church

2904 N. 32nd Rd - Seneca, Illinois 61360

Scandinavian Service

December 7th at 7:00 p.m.





Norsk Museum Christmas Candlelight Walk

"Julevandring med levenende lys"

Friday December 18, 2026

2:00 or 4:00 tours - Reservations required

Visit the Norsk Museum decorated for the Christmas season as the Museum hosts the first Norsk Museum Candlelight Jul Walk featuring Norwegian Christmas traditions with stories, food demonstrations and Christmas songs. Enjoy traditional Christmas cookies and drinks.

Adults $10.00 per person

Children under 12 are free.

Polar Star Sports and Activities

by Jerri Lynn Baker



Februar = fjorten dager friluftsliv

February From November 16 - February 14th. Let's get outside!

That's 91 days to get outside for 20 of those 91 days!

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv (free-loofts-leave).* Roughly translated as “life in the free air,” the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Any activity that allows you to appreciate the outdoors in a simple manner. There’s no need for stopwatches.

Starting on the 16th of November, challenge yourself to experience **friluftsliv** 20 of those days till February 14?

I want to see pictures and I want a little bit of a write up of your friluftsliv! You can email me at lovingmom@comcast.net. 20 days, 20 photos with explanation! What you did and how it made you feel. Everything due by February 16th to my email.

You might ask why you are required to turn in photos and explanations, well there is of course a prize. Everyone who completes the challenge with photos and explanation either to my email or gives me a journal with the information (bonus raffle ticket for that!) will have their name entered for a "fabulous" prize!

There are many ways to experience *friluftsliv, here are some from the Sons of Norway website*.

See

- Watch a sunrise or sunset
- Go stargazing
  - Adventure coffee! Take a thermos of any hot beverage and find a spot to enjoy it outdoors! (Bonus raffle ticket for completing this one!)
- Prepare and eat a meal in your yard
- Observe birds
- Walk around your neighborhood (watch for ice and snow)
- Take nature photos
- Hug a tree or two (photos or it didn't happen)

Do

- Outdoor yoga
- Build a snowman or snow fort
- Find some trees and put up a hammock
- Try an outdoor craft
- Visit the dog park
- Build a campfire
- Walk your errands
- Ice skating

Go

- Head to the highest point in your town
- Find a new park
- Go sledding
- Take a picnic hike
- Visit a scenic overlook
- Downhill or XC Ski
- Fishing or ice fishing
- Try snowshoeing
- Take a new route
  - Winter camping

*If you can't get outside: open the window and breathe some fresh air.
Immerse yourself in some beautiful nature scenes, sights, winds and bird calls.

Challenge on! Who accepts? Let's Warrior through this winter!

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 2026????

OPPSKRIFTER (RECIPES)



God jul og lykkelig bakst!

POLAR STAR CALENDAR OF EVENTS

Desember 6 - Polar Star Juletrefest - St. Olaf Lutheran Church – 1:00

December 6th – 7:00 p.m. Stavanger Lutheran Church Scandinavian Candlelight Service

December 13TH : Cleng Peerson Lodge Juletrefest – Norway Community Center – 12:30

December 18TH : - Norsk Museum Candlelight Christmas Walk

2026Polar Star Kitchen Committees

December 7: Polar Star Board Members

Volunteers needed for 2027 Monthly Event Kitchen Committee Contact Social Director Nancy Andersen to sign up for your month of choice.

Polar Star Calendar 2027

JANUAR 3 - Polar Star "Koselig"

FEBRUAR 7 - Polar Star Penny Social and "Souper" Bowl Competition

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GRATULERER MED DAGEN POLAR STAR

NOVEMBER BIRTHDAYS

4 .Cole Johnson
6. Erika Robeck
14. Michel Ward
17. Alan Betker
18. Nancy Andersen
18. Josie Gehler
24. Soren Baber
25. Theodore Foss



DESEMBER Birthdays

14. Vi Skogen
19. Carol Vigsne
22. Ken Johnson
23. Tom Harkins
26, Gail Anderson
31. Charles Ray

Høstfest 2026- The Food














Jeg vil
brød
SLOOPERS
1825 - 2025
Sons of Norway


Wednesday

The Culture


SAMI BRACELET
DEMONSTRATION
by
DAWN GUNDERSON
AND
MANDY BECK





The Demonstraions





Krumkake





Vafler

Lefse





Guests and Friends











Don’t forget to fill out your Volunteer hours and turn it in at the Dec. 6th Juletrefest

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/manage/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/manage/maintain)													
MSI Christmas Tree													
Barnebirke/Norge Ski													
SOFN Book Club													
Tubfrim													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
												TOTAL COMMUNITY HOURS:	

Revised 2024

submi

Sons of Norway Polar Star Lodge 5-472 Regular Meeting,
October 4, 2026 St.
Olaf Lutheran Church 1233 Douglas Avenue Montgomery, IL 60538

President Johnson called the meeting to order at 2:29 p.m. following a delicious chicken pot pie potluck luncheon. Kitchen hosts were Diana Raimond and Ed Hatteberg.

President's Announcements:

- Ken welcomed everyone and opened the meeting with the Pledge of Allegiance and our singing of the Star Spangled Banner.
- Motion to approve the minutes for our August meeting was made, seconded, and passed.
- Our booth at Vasa Park this year was very successful, with a record sales: $2076 from our baked goods, and $652 from our loppemarked.

Treasurer Report:

- Carol read a summary of this month's Treasurer Report (copy attached). Current checking account balance is $7,257.76, and our total assets $22,384.96. Motion to approve the report was made, seconded, and passed.
- Motion to approve the report was made, seconded, and passed.
- Motion to transfer $2500 from checking to a higher return account was discussed, moved, seconded, and passed.

Carol and Polar Star Vice President Frank told us about Vasa Park's recent annual Fish Boil, and encouraged everyone to attend that and other Vasa Park events, and also to consider joining. Carol shared that their annual membership fee is

minimal,. She will bring more information about Vasa Park to a future Polar Star meeting.
The annual Museum of Science and Industry holiday international tree trimming date is Wednesday October 28. Let Carol know if you can join in on the fun of decorating the Norway tree!

Secretary Report:
Karen reminded everyone to start tallying their volunteer hours in preparation for submitting the yearly summary for 2026 at the end of the year.

Sports Director Report:
• Jerri Lynn announced congratulations to both her and Barb for finishing the "Fabulous Fox National Water Trail– Log 250 Challenge.

Cultural Director Report:
• Craft Club meets monthly at Esther's Place; join in on fun and fascinating fiber arts classes and projects. Contact Barb to attend or for additional information.
• Barb reminded everyone that this year's Høstfest is Sunday, November 1st so to be sure to start making your baked goods and be thinking about what kind of open faced sandwiches you'd like to make.
• Next Sunday October 11 is the Annual Slooper delicious Norwegian luncheon in Norway, Illinois. Only $20. If you'd like to go, contact Dave Johnson in advance. Historically, Polar Star members have provided Norwegian cookies/bars to supplement their traditional Kringla cookie dessert.

Meeting Adjournment: The meeting was adjourned at 2:50 pm, followed by a Pumpkin Decorating Contest and Auction arranged by Kelly Welin, to benefit scholarship and grants awarded by the Sons of Norway Foundation.

Winners were Carol, Barb,and Kelly. Entry fees and raffle profits totalling $146 will be donated to the Foundation Next Meeting: • Høstfest is Sunday November 1.

The next regular meeting is our annual Juletrefest on December 6.

Respectfully submitted, Karen Oswald, Secretary