

THE NOR-BU NEWS



January 2019
Volume 15 issue 1

Lodge web address www.norbulodge.org

Lake Telemark, NJ



B.U.L Cabin
Lake Telemark, New Jersey
Pen and Ink Sketch by Don Tripp '94

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway and to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

President Audun Gythfeldt 570-646-3817
Vice President.. Joe Zarnitz.....973-267-2052
Counselor..... Evelyn Hammaren973-584-8249
Secretary..... Irma Lafko 973-983-9479
Financial Secy.. Margaret Gythfeldt.....570-646-3817
Social Director Kari Brescher..... 973-627-6334
Cultural Director Deb Landvik-Larsen..973-442-4642
Treasurer..... Anne-Lise Meisner.....973-663-1070
Editor..... Anne-Lise Meisner.....973-663-1070
92 West Shawnee Trail, Wharton, NJ 07885-2923
anne@smallworld-travel.com

Rental of the cabin can be made by contacting
Barbara Samuelsen at 973-586-8454

MEETINGS HELD AT BUL CABIN
21 Oslo Dr., Lake Telemark, NJ, **ONLY FOR GPS NOT MAIL**

Deadline for submission of materials for publication is the 20th of the month prior. PLEASE NOTE!

Nor-Bu is on Facebook at Nor-Bu Lodge.

ATTENTION



JANUARY

January 14th, 7:00 pm
Board meeting

January 17th, 6:30pm
Business meeting with installation
of new officers.

Soup night, bring a soup to share
Let Kari know if you can bring a soup
973-627-6334

January, 25-27
LOV WEEKEND
see info inside

FEBRUARY NO MEETING

Nor-Bu LOV Weekend January 25-27

Come enjoy a winter weekend at LOV,
together with your Nor-Bu members
and their families.

Contact LOV directly for your room
reservations 570-461-3500

Let Evelyn 973-627-5634 or Audun
570-646-3817 know if you are going.





92 W Shawnee Tr.
Wharton NJ 07885
973-663-1070
anne@smallworld-travel.com



Time to think ahead for your summer vacation plans. We can help you with all your travel. Give us a call.

GOD BEDRING

We would like to send get well wishes to Gladys Stene, Rita Kugler, Bob Haugeto, Bill Nostrand, and Maryanne Matyola, Kathy Deo, Sig Samuelsen and our own sunshine lady, Evelyn Hammaren,




NOTIFY our Sunshine Lady, Sister Evelyn Hammaren, 973-584-8249 ASAP if you know of anyone who is sick, or if you wish to extend congratulations to someone, For whatever reason It only takes a minute to call.

GRATULERER MED DAGEN

- Irma Bergland Lafko
- Sonja Johnsen
- Alek Brescher
- Cheryl Knudsen
- Eugene Randazzo
- Ruth Murray
- Jannan Joseph
- Elizabeth Fox
- Patrick Deo
- Betty Karlsen
- Grethe Zarnitz
- Thelma Thompson
- Yvonne Forsythe
- Wayne Ring
- Gerda Lindstrom
- Dawn Green
- Douglas Eike
- Jim Baadshaug
- Esther Santos
- Marilyn Pettersen
- Evelyn Karpack
- Anna Marie Osvold



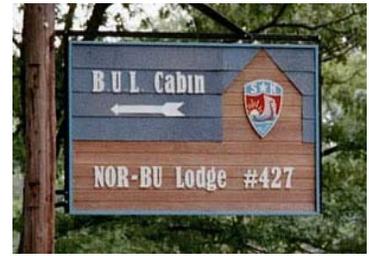
FOOD SALE CONTINUES AT ALL MEETINGS

We have these items for sale, nøkkelost, norvegia, snøfrisk, ekte gjetost, blended gjetost, gulost (gouda), firklover, milkchocolate, lohengrin, "dronning" chocolate, selskap chocolate, gullbrød, mokka-bønner, marzipan gris, Laban (seigman), tyttebær, tidbits, lefse, surkål and rødkål, fishballs, herring, mackerel, cod roe, solo, crisp bread and Kardemomme.

TUBFRIM

Please take note. Richard Olsen will no longer be the 3rd District Tubfrim chairman. Please do not send stamps to him. The new chairperson is Kjell Kittelsen. Please call Kjell at 717-680-4684 to find out where to send the stamps. It is still important to save the stamps for children in Norway.

Don't forget our ongoing sale of Shop-Rite cards. This is an successful fundraiser. Since we started in March of 2010, we have sold over \$100,000.00 in gift cards, that is \$5000.00 for Nor-Bu. Please consider purchasing for yourself or for gifts. If you wish to purchase some gift cards, contact Evelyn Karpack at 973-627-5634 or just mail a check for your order to Nor-Bu Lodge, PO Box 317, Hibernia, NJ 07842 and let us know the amount you wish and we will mail them to you.



JANUARY 2019 MESSAGE

Our District President opens her January message with a quote by Vista M. Kelly: “Snowflakes are one of nature’s most fragile things, but just look what they can do when they all stick together.” The devil in me immediately responded “yeah, cause havoc” thinking of numerous disastrous winter storms, particularly during the more than 11 years I have lived in the Poconos. But of course, that is not what the quote is intended to say. Rather, I interpret it to mean thinking of the beauty the snow creates, and creating opportunities for people to get together and enjoy winter activities. To take this one step further, working together to make the lodge, and thereby Sons of Norway more successful, is what we as members should want. As I am convinced that maintaining, or even better, increasing membership, is linked to successful activities, one suggestion in the January message stands out: “*Join a group:* Does your lodge have a literature group, a genealogy group, a language group? Why not join and if there isn’t one, why not start one.” We do of course have a language group in Nor-Bu, but I would be surprised if there aren’t members with other interests that couldn’t be shared with others. In the BUL Cabin we have the perfect place to meet and enjoy such interests. And why not take it one step further. Why not open it to the community? Community involvement is another element of the membership puzzle. We are trying, and are doing some things, but I feel we can do more. But one person can’t do everything. We have to work together to succeed. We can create events that we can invite the community to join us in, and we can and should, participate in major community events. So let us make this the Nor-Bu new year resolution, lodge group and activities open to the community, and participation in community events. All we need are members to come forward with ideas and being willing to share in organizing such groups and events. Together we are strong, let us prove it!

Rounding this off, I would like to remind you of a few events coming up in the next few months. In January we have our installation of officers. Evelyn Karpack will be the Installing Officer, so come out and help her make it a great occasion. Justin Bakos, who won a scholarship from the Sons of Norway Foundation last year, will also be there to talk about the scholarship. A personal note here is that we should support the Foundation, as Nor-Bu and some of the members do, but the members should also take advantage of the Foundation, which Justin did.

Other events coming up are Myrtle Beach golf in March, and LOV golf in May. There will be more information shortly, but you can also call me for more information.

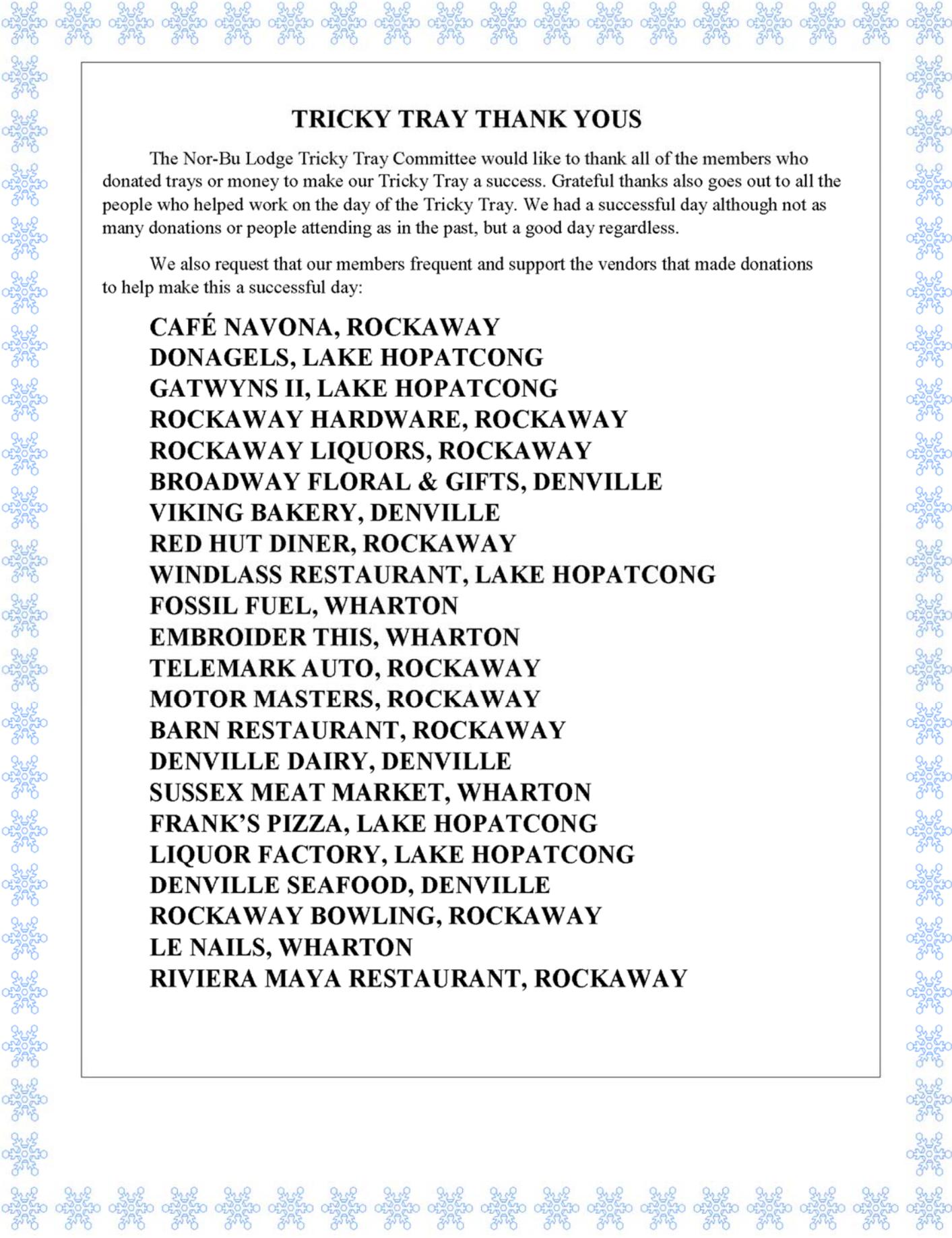
And let us not forget the 17th of May parade in Brooklyn. We will once again share a bus with Bernt Balchen. I know we are getting older, but if I with my a.fib. can march, so can most of you!

I look forward to seeing many of you at our meetings and events this coming year!

Fraternally,

Audun





TRICKY TRAY THANK YOUS

The Nor-Bu Lodge Tricky Tray Committee would like to thank all of the members who donated trays or money to make our Tricky Tray a success. Grateful thanks also goes out to all the people who helped work on the day of the Tricky Tray. We had a successful day although not as many donations or people attending as in the past, but a good day regardless.

We also request that our members frequent and support the vendors that made donations to help make this a successful day:

CAFÉ NAVONA, ROCKAWAY
DONAGELS, LAKE HOPATCONG
GATWYNS II, LAKE HOPATCONG
ROCKAWAY HARDWARE, ROCKAWAY
ROCKAWAY LIQUORS, ROCKAWAY
BROADWAY FLORAL & GIFTS, DENVILLE
VIKING BAKERY, DENVILLE
RED HUT DINER, ROCKAWAY
WINDLASS RESTAURANT, LAKE HOPATCONG
FOSSIL FUEL, WHARTON
EMBROIDER THIS, WHARTON
TELEMARK AUTO, ROCKAWAY
MOTOR MASTERS, ROCKAWAY
BARN RESTAURANT, ROCKAWAY
DENVILLE DAIRY, DENVILLE
SUSSEX MEAT MARKET, WHARTON
FRANK'S PIZZA, LAKE HOPATCONG
LIQUOR FACTORY, LAKE HOPATCONG
DENVILLE SEAFOOD, DENVILLE
ROCKAWAY BOWLING, ROCKAWAY
LE NAILS, WHARTON
RIVIERA MAYA RESTAURANT, ROCKAWAY

Rømmegrøt (sour cream porridge)

Ingredients

4 dl (1½ cups)
35% Fat sour cream
About 3 dl (1¼ cups) flour
About 1¼ liters (5 cups) full fat milk
¼ Tsp salt



Directions

Sour cream porridge with dried meats was festive food in the olden days and is still considered that today.

Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream. Heat 2 1/2 dl (1 cup) whipping cream to 35 C (95 F), almost body temperature, then whisk in 2 tablespoons buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Simmer sour cream, covered, about 15 minutes.

Sift over 1/3 of the flour. Simmer until the butterfat begins to leach out. Skim off the fat.

Sift over the remaining flour and bring to a boil. Bring the milk to a boil and thin the porridge to desired consistency. Whisk until smooth. Simmer about 10 minutes, and season with salt. Serve with the fat, sugar and cinnamon.

FOR SALE by former member

Beautiful dark blue Bergen area Bunad.

Bunad includes: Bunad, shirt, hat, cape, and full length silk slip. (size 8-10)

Asking \$1000.00 but will not accept less than \$600.

Call Irma @ 973-983-9479
Can be seen at Irma's house.

Sons of Norway Calls for 2019 Scholarship Applications

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams. Although application deadlines vary from Jan. 15 to March 1, 2018, it is not too early to think about applying for support for the 2019-2020 school year. [Learn more](#) and [apply for scholarships](#) offered in 2019 through the Foundation funds. Read the [news release](#) for more information.

Check the Sons of Norway web-site.

March 1 Deadline

Dan Rude and Betty Rude Scholarship

Myrtle Beinhauer Fund

Nancy Lorraine Jensen Memorial
Scholarship Fund

Orel and Marie Winjum Scholarship Fund

For more information email
scholarships@sofn.com or call
800-945-8851

www.fossilfueloil.com

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Holy Trinity Lutheran Church



508 Green Pond Road • Rockaway, NJ 07866
973-625-0110

HTLchurch@gmail.com
www.rockawaylutheran.org

Sunday Worship Sunday School 11 am

Pastor Jack DiMatteo

Communion is celebrated every Sunday.

The 2nd Sunday of each month is our
Contemporary Service.

The folks that help bring you the newsletter.
Booster Club Members

Nils Abate.....	12/2019
Dorothy Furst Bahnatka.....	7/2020
Eric Barman.....	10/2019
Frank & Kari Brescher.....	2/2019
Anne-Lise Henriksen Carew.....	3/2019
Artie Crane.....	12/2018
Ellen Crane.....	12/2018
Jeff & Debbie Dirgo.....	5/2020
Kim Dwyer.....	2/2019
Judith Eriksson.....	4/2019
Gail Garnett.....	11/2019
Audun & Margaret Gythfeldt.....	4/2019
Ellen Hantho.....	3/2020
Iris R. Hascup.....	9/2019
Vega & Arthur Hendela.....	04/2021
Henny Henriksen.....	12/2020
Ilene & Walt Jacobus.....	12/2018
Lillian Jensen.....	1/2019
Barbara & Peter Johanson.....	4/2019
Earl and Siri Kjekstad.....	4/2019
Stan & Hessie Kjekstad.....	2/2020
Irma Bergland Lafko.....	4/2019
Debbie Landvik Larsen Felner.....	1/2019
Barbara & Joseph Lehner.....	1/2019
Bjorg Lema.....	11/2019
Gerda Lindstrom.....	12/2018
John & Claire Loken.....	9/2021
Per & Marit Mikalsen.....	6/2019
Elizabeth & Roy Nilsen.....	12/2018
William Nostrand.....	3/2020
Mary & Harry Ostevik.....	1/2019
Charly Pedersen.....	5/2019
Marilyn Pettersen.....	1/2021
Judy & Eugene Randazzo.....	12/2019
Ruth Ruediger.....	11/2019
Gunvor Satra.....	1/2019
Ray and Carol Schutz.....	5/2019
Roy & Barbara Selland.....	2/2019
Thor & Gladys Stene.....	05/2019
Joyce Svendsen.....	1/2019
Mari Svensen.....	1/2019
Angie Thompson.....	1/2020
Austin Thompson.....	1/2020
Joanne Thompson.....	1/2020
Robert & Mary Thompson.....	1/2020
Gwyn Anne Thompson.....	1/2020
Mary Ellen Thompson.....	1/2020
Garth Eric Thompson.....	1/2020
Gindy Dale Thompson.....	1/2020
Garon Keith Thompson.....	1/2020
Gayle Elaine Thompson.....	1/2020
Heather Thompson.....	1/2020
Jason Thompson.....	1/2020
Laura Thompson.....	1/2020
Thelma Thompson.....	1/2020
Barbara & Karl Peter Thorsen.....	4/2019
Ellen & Richard Tonnesen.....	3/2019

You can be a booster too! Adding your name to the booster list helps to pay for mailing and printing. \$ 10.00 donation to the Treasurer will put you on the list! Make Check out to Nor-Bu Lodge.

Mail to:

Anne-Lise Meisner
92 West Shawnee Trail, Wharton, NJ 07885-2923
 If your name is missing and you have sent in your booster, please let Anne-Lise know, 973-663-1070.

Memorial Boosters



In Loving Memory

Daniel Lema	October 2019
Arne & Ingeborg Strom-Henriksen	April 2019
Arne Landvik-Larsen	December 2019
Dagmar & Susan Heien	October 2019
Palma & Olav Brastad	December 2018
Arnt & Solveig Walaas	April 2028

With Deepest Sympathy



The members of Nor-Bu Lodge wish to extend their condolences to the family and friends of Linda Hand, who recently entered the Lodge Eternal. Linda had moved to Florida so she did not attend our lodge recently, but she would have become a 50 year member this year.

3rd District President's Message

January 2019

"Snowflakes are one of nature's most fragile things, but just look what they can do when they all stick together." Vista M. Kelly

I hope you have had a wonderful holiday season! As I am taking the decorations down to put away till next year, I think about the coming month of January. January is a time when many of us reassess our busy lives and think about what we want to accomplish or do to balance our lives during the next year. Do you make resolutions? One of your resolutions should be to start becoming an active member of your lodge. Here are some New Year ideas and exercises for you!

Attend a Meeting: When was the last time you attended a meeting. When was the last time you volunteered? We all know things don't happen if no one does them. How about 4 hours twice a year. There are all kinds of things to volunteer for. Just ask. Without new ideas and help, the success of the lodge is put at risk. You are an important member of your lodge and you are missed. Make 2019 the year that you come out and support your lodge.

Bring a friend: When you do come to a meeting, why not bring a friend! Bringing someone to see the lodge and all that there is to offer will be energizing, give them good food, good fellowship, and, with your help, they will be good candidates for the Lodge. Think of all the people you know, who might make good members of our Lodge and share the fun.

Join a group: Does your lodge have a literature group, a genealogy group, a language group? *Why not join and if there isn't one, why not start one.*

Try some Exercises: Look at the SON website and find the sports medal programs. There will be something you will like. Start slow and easy and work your way up. Do something for your good health while earning an award.

Now that January has arrived many lodges have the installation of new officers. Congratulations to those new and returning officers and a hearty thank you to those who have served in the past. Many don't realize the dedication and many hours you have spent as a volunteer to support your lodge.

There are photographs to take of your lodge happenings. Share your events through pictures. Send them to the publicity@3dsogn.org and copy me. I'm always interested in what's going on in our "Tremendous Third"

I sincerely hope that new year brings you and yours health and happiness.

Fraternally, Kathy

Relax. Rejuvenate. Reconnect



LOV

February 8-10th, 2019

NOR-BU OFFICERS 2019-2020

President	Audun Gythfeldt
Vice President	Joseph Zarnitz
Secretary	Irma Lafko
Financial Secretary	Grethe Zarnitz
Treasurer	Anne-Lise Meisner
Social Director	Elizabeth Nilsen
Assistant	Kari Brescher
Assistant	Jeff Dirgo
Marshall	Judith Eriksson
Assistant	Nancy Ambjor
Counselor	Evelyn Hammaren
Trustee	Norman Ambjor
Trustee	Barbara Lehner
Greeter	Charly Pedersen
Greeter	Roy Nilsen
Musician	Margaret Gythfeldt
Foundation Director	Audun Gythfeldt
Cultural Director	Debbie Landvik- Larsen Felner
Editor	Anne-Lise Meisner


Land of the
VIKINGS
2019 SCHEDULE

JANUARY

11-13 HUDSON VALLEY WEEKEND
18-20 JOHANNESSEN FAMILY REUNION
25-27 NOR-BU WEEKEND

FEBRUARY

8-10 CHILL & RELAX WEEKEND
17-23 SKI FOR LIGHT

MARCH

2/28 -3/3 3 D BOARD MEETING

APRIL

5-7 LOV'S 40TH ANNIVERSARY GALA
12-14 OSLO LODGE ANNIVERSARY
22-28 ROSEMALING AND WOODWORKING LESSONS & ROSEMALING EXPERTS

MAY

3-5 JOHN KARLSEN GOLF TOURNAMENT AND KENTUCKY DERBY WEEKEND
24-27 MOTORCYCLE REUNION

JUNE

7-9 OMHOLT REUNION
15 ZONE 4 SCHOLARSHIP DINNER
29-30 HUDSON VALLEY HIKERS

JULY

1-6 FLY FISHING CAMP
7-20 3 D YOUTH CAMP AGES 8-15
21-27 SPORTS FOR HEALTH

AUGUST

2-4 BECK REUNION
16-18 LOBSTER FEST
TBA STEVENS' REUNION

SEPTEMBER

6-8 CANOE WEEKEND
20-22 2ND ANNUAL 3 D KUBB TOURNAMENT

OCTOBER

4-6 FREDRIKSTEN WEEKEND
11-13 OCTOBER FEST
24-27 3D BOARD MEETING

NOVEMBER

21-25 NY HUNTERS
11/29-12/2 PA HUNTERS

DECEMBER

Land of the Vikings
461 Big Valley Road • Susquehanna PA 18847
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