

THE NOR-BU NEWS



March 2017
Volume 13 issue 3

Lodge web address www.nor-bu.org

Lake Telemark, NJ



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

President Audun Gythfeldt 570-646-3817
Vice President.. Joe Zarnitz 973-267-2052
Counselor Evelyn Hammaren 973-584-8249
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
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

March 12th, 2:00pm Zone Meeting
Fredheim Lodge

March 18th, 6:30pm, Irish Night
Corned Beef and Cabbage \$15.00
Viking/Irish Night BYOB
Reservations with Kari Brescher
973-627-6334 or karifbrescher@gmail.com



April 2nd, Sunday Dinner 2:00pm

April 19th, 7:00pm Board Meeting

April 22nd, 6:30pm Business meeting
and Program

April 23rd, 2:00pm Memorial Service

SUNDAY DINNER APRIL 2ND 2:00PM

Chicken Alfredo with pasta,
Vegetables, Salad, Rolls
Dessert and coffee
\$12.00 BYOB

Contact Anne-Lise Meisner 973-663-1070
Help is also needed.

ANNUAL ZONE MEMORIAL SERVICE

April 23, 2:00pm
Holy Trinity Lutheran Church
508 Green Pond Rd,
Rockaway, NJ 07866
Sponsored by Nor-Bu Lodge



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

Call us to plan your
2017 vacation.
Sales tend to happen
In the beginning of
the year.



GRATULERER MED DAGEN

Holly Midkiff-Weber
Laura Treutlein
Marianna Borrero
Deborah Landvik-Larsen Fellner
Scott Tonnesen
Barbara Samuelsen
Hilary Walaas
Bill Nostrand
Robert Anderson
Marie Ross
Maria Trujillo
Daniel Spector
Sigrid Bjelland
Lars E Roerkoll
Gunvor Satra
Debra Arntzen
Andrew Bakos
Karl Peter Thorsen
Karen Frelinghuysen
Richard I Tonnesen
Edward Bakos
Thomas P Bakos
Judith Eriksson
Ellen Crane
Peter Johanson

Please help the editor keep this
updated. anne@smallworld-travel.com

BirthDay
greetings

GOD BEDRING

We would like to send get well wishes
to Emma Osvold, Gladys Stene,
Love Green, Rita Kugler, Glenn Green, Joanne
Schaper, and Judy Eriksson.



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.

We have some of our members living in nursing homes.
Their lives in many ways are very lonely and they could
use a visit from friends when family can not get there.
If you have a little time to spare to visit one of our mem-
bers please consider doing so.

We have Emma Osvold living at Merry Heart in Boonton.
Also Jenny Berntsen at the Arden in Whippany.
They would really love a visit.

Contact Evelyn Hammaren if you have any questions
or if you can go and would like to go together with some-
one.

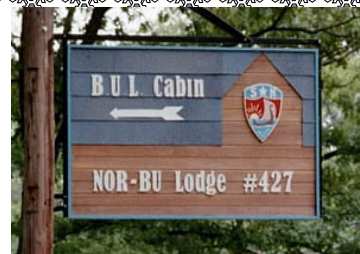


Don't forget our ongoing sale of Shop-Rite
cards. This is an successful fundraiser.
Since we started in March of 2010, we
have sold almost \$100,000.00 in gift cards,
that is just short of \$5000.00 for Nor-Bu.
Please consider purchasing for yourself or
for gifts.

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.



MARCH 2017 MESSAGE



Having had no meeting in February, we are back in full swing in the month of March. I want to remind our convention delegates that you are obliged to come to the Zone meeting which will be hosted by Fredheim Lodge on March 12. Not having participated in Zone events for quite some time, let us show up in force and welcome Fredheim back into the fold of our Zone 3 family. And remember, you don't have to be a delegate to come to the meeting, it is open to any Zone 3 member.

Let me also remind you of our own meeting in March which will, as we have done every March for many years, celebrate this special Irish occasion with appropriate food and reference to the Vikings impact on Irish history. With Ken Arntzen in charge in the kitchen, we are assured of a great meal.

Many of your lodge leaders are busy this time of the year with required submission of certain information, like our financial report, D17. In prior years this was sent directly to the Home Office, but this year we are being told to send the report to the District to enable the District to review the report and subsequently pass it on to the Home Office. The reason for this change as I understand it is that this will give the District the opportunity to discover struggling lodges. While the Districts should certainly monitor the lodges for problems, I seriously doubt that this is the way to do it. First of all, I don't think that the Districts have the capacity to really review the financial reports. Secondly, and more importantly, there are other and better ways to find lodges that are having problems. Are lodges having problems getting officers; are they meeting irregularly and in none specific meeting places (private homes); do they participate in Zone and District events; and yes, do they submit required reports, like the D17, on time? The Zone Director, who is the primary link between the lodges and the District leadership, should through ongoing monitoring of events, reports and visits, get a good picture of the situation in the various lodges, and sound the alarm if necessary. It would of course be good if the lodges themselves would report problems, but unfortunately I don't think that happens too often. Financial reports are an important tool for the Headquarters in monitoring the overall financial health of the fraternal operations, but I doubt that they have much value for the Districts when it comes to their monitoring of the lodges. My hope would be that we could find a better way of dealing with this without complicating matters. It is difficult enough to get people to serve as officers at the local lodge level and at the District level as it is.

Fraternally,

Andun



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

Stuart Anderson.....	11/2017
Eleanor Arnell.....	5/2017
Dorothy Furst Bahnatka.....	7/2017
Sigrid Bjelland.....	5/2018
Frank & Kari Brescher.....	2/2017
Anne-Lise Henriksen Carew.....	3/2019
Joe Carlsen.....	11/2017
Ellen & Artie Crane.....	4/2017
Kim Dwyer.....	1/2018
Judith Eriksson.....	4/2018
Peggy Gerding.....	11/2017
Audun & Margaret Gythfeldt.....	4/2017
Ellen Hantho.....	10/2017
Bob Haugeto.....	10/2018
Jimmy Heien.....	10/2017
Vega & Arthur Hendela.....	04/2021
Lillian Jensen.....	1/2018
Barbara & Peter Johanson.....	2/2018
Earl & Siri Kjekstad.....	6/2017
Stan & Hessie Kjekstad.....	2/2020
Ranveig & Svein Klinge.....	5/2017
Irma Bergland Lafko.....	4/2017
Barbara & Joseph Lehner.....	1/2018
Bjorg Lema.....	11/2017
Gerda Lindstrom.....	12/2018
Claire & John Loken.....	7/2017
George & Viola Muriello.....	4/2017
Russell & Doris Nelson.....	6/2018
William Nostrand.....	3/2018
Mary & Harry Ostevik.....	1/2018
Marilyn Pettersen.....	1/2018
Judy and Eugene Randazzo.....	4/2017
Ruth Ruediger.....	11/2017
Gunvor Satra.....	1/2018
Raymond & Carol Schutz.....	3/2017
Roy & Barbara Selland.....	2/2019
Thor & Gladys Stene.....	05/2019
Joyce Svendsen.....	1/2018
Mari Svensen Mac Peek.....	1/2018
Angie Thompson.....	1/2018
Austin Thompson.....	1/2018
Joanne Thompson.....	1/2018
Robert & Mary Thompson.....	1/2018
Gwyn Anne Thompson.....	1/2018
Mary Ellen Thompson.....	1/2018
Garth Eric Thompson.....	1/2018
Gindy Dale Thompson.....	1/2018
Garon Keith Thompson.....	1/2018
Gayle Elaine Thompson.....	1/2018
Heather Thompson.....	1/2018
Jason Thompson.....	1/2018
Laura Thompson.....	1/2018
Thelma Thompson.....	1/2020
Barbara & Karl Peter Thorsen.....	4/2019
Ellen & Richard Tonnesen.....	3/2017
Solveig Walaas.....	1/2018

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**



William & Marit Laber May 2017

Daniel Lema October 2017

Arne & Ingeborg Strom-Henriksen April 2019

Arne Landvik-Larsen December 2017

Dagmar & Susan Heien October 2017

Eileen Anderson November 2018

Joseph and Joey Bakos January 2018

With Deepest Sympathy



The members of Nor-Bu Lodge wish to send their condolences to the family of Russell Nelson, who entered lodge eternal recently. Russell came to us from Nordic Lodge and was the longest member of Sons of Norway from our lodge, having been a member since 1938.

Spring is coming

Birch Branches and Sweet Rolls

The arrival of Easter is marked by such grand celebration in part because it follows 40 days of fasting known as Lent. In years gone by, Norwegians took this fast seriously, refraining from eggs, meat, cream and even marital relations for 40 days. While fasting is no longer *de rigueur*, the party lives on during *Fastelaven* (literally eve of the fast). The celebration takes place from Sunday to Tuesday before the beginning of Lent.



Today, children celebrate by dressing in costumes and stuffing themselves on treats. "A lot of families will bake special *fastelavensboller*, which are kind of like hot cross buns, but even better. They've got marzipan and a lot of butter," says Kathleen Stokker, professor emeritus of Scandinavian Studies at Luther College.

Norwegians also purchase birch branches adorned with colorful feathers and ribbons called *fastelavensris*. Historically, the branches were associated with fertility and new life.

Since 1946, representatives from the Norwegian Women's Public Health Association have made and sold the brightly adorned branches, earning about NOK 7 million each year that goes toward women's health and living conditions.

On the Light Side

The Winter Boots (Anyone who has ever dressed a child will love this)

Did you hear about the teacher who was helping one of her pupils put on his boots?

He asked for help and she could see why.

Even with her pulling, and him pushing, the little boots still didn't want to go on.

By the time they got the second boot on, she had worked up a sweat.

She almost cried when the little boy said,

'Teacher, they're on the wrong feet.' She looked, and sure enough, they were.

Unfortunately, it wasn't any easier pulling the boots off, than it was putting them on.

She managed to keep her cool as, together, they worked to get the boots back on, this time on the correct feet.

He then announced,

'These aren't my boots.' She bit her tongue, rather than get right in his face and scream, 'Why didn't you say so?' like she wanted to.

Once again, she struggled to help him pull the ill-fitting boots off his little feet.

No sooner had they got the boots off when he said,

'They're my brother's boots. But my Mom made me wear 'em today.' Now she didn't know if she should laugh or cry.

But she mustered up what grace and courage she had left to wrestle the boots BACK onto his feet again.

Helping him into his coat, she asked,

'Now, where are your mittens?' He said,

'I stuffed 'em in the toes of my boots...'

She'll be eligible for parole in three years.

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.



HELP THE NEEDY

We are continuing our food collection for the food bank, so please remember to bring non-perishable food for the food box when you come to any event at the lodge.

PLEASE DON'T FORGET


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FOSSIL FUEL OIL

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We Have Rock Bottom Prices



TUBFRIM

This is an ongoing project through Sons of Norway and Richard Olsen is the 3rd district representative.

Collect all the stamps that you get on your Christmas and other mail and give or send them to Richard. His address is 44 Claude Ave., Denville, NJ 07834. The stamps are sent to Norway where they help needy children. Richard has sent hundreds of pounds of stamps to Norway.



You are invited to attend

King William's Birthday Bash



Saturday March 11, 2017

Live music by Ellen Lindstrom

and Royal Performances

by Sony and Cher, the "LOV Supremes", Tiny Tim and many more.

There is an activity fee of no more than \$20 per person.

For LOV rates and for Reservations

contact Bev or Rick at LOV at vikingland@tds.net or

570-461-3500

NOR-BU LODGE 2017 CALENDAR OF EVENTS



March 12th, 2:00pm Zone Meeting

March 18th, 6:30pm Irish Night with Corned Beef & Cabbage \$15.00 BYOB

Contact Kari Brescher for reservations 973-627-6334

April 2nd, 2:00pm Sunday Dinner \$12.00 Contact Anne-Lise Meisner 973-663-1070

April 19th, 7:00pm Board meeting

April 22nd, 6:30pm (change in week due to Easter)

Business meeting, Soup night with waffle contest. Call Deb Landvik-Larsen with your choice of soup and if you will make waffles for the contest. 973-442-4642 or email: djfrmnj@aol.com.

April 23rd, 2:00pm Memorial Service at Holy Trinity Church,
sponsored by Nor-Bu Lodge.

May 5-7, John Karlsen Memorial Golf Tournament at LOV.

May 20th, 6:30pm May 17 Celebration

Come celebrate Norway's Constitution Day. Smørgåsbord and music for dancing. More to follow.

May 21st, Bus to Brooklyn. Info to follow.

June 10th, Nordic Fest. Info to follow.

June 23rd, 6:30pm St. Hans picnic and bon fire. Hamburgers and hot dogs. \$5.00

July - No meeting enjoy your summer

August 20th, 1:00pm Annual picnic

Sept. 10th, 2:00pm Zone meeting sponsored by Pleasant Point.

Sept. 17th Bernt Balchen 40th Anniversary

Sept. 20th, 7:00pm Board meeting

Sept. 23rd, 6:30pm (week change)

Business meeting, Sandwiches, Games/Trivia.

Oct. 1st, 2:00pm 75th Anniversary at Hanover Manor

More info to follow.

Oct. 21st, 6:30pm Bunad and Lusekofte social, Men cooking.

Nov. 5th, 2:00pm Sunday Dinner

Nov. 12th, 2:00pm Tricky Tray

Nov. 15th, 7:00pm Board meeting

Nov. 18th, 6:30pm Business meeting, Pot Luck

Dec. 3rd, 1:00pm Food Sale

Dec. 3rd, 2:00pm Annual Pork dinner

Dec. 16th, 6:30pm Julefest.

ATTENTION

PLEASE NOTE

CHANGE OF

WEEK FOR SOME

OF OUR MEETINGS

5 Facts about Norway's King

posted on Fri, Feb 17 2017 8:56 am by Melissa Johnson



Photo: Jørgen Gornæs / The Royal Court.

February 21 marks the 80th birthday of His Majesty King Harald V of Norway. In honor of this special occasion, here are five facts you might not know about the monarch.

1. **First Norwegian king born in Norway in 567 years.**

Although Norway's history dates back many centuries, the country's status as a modern independent nation is comparatively young. Due to the lengthy union with Denmark and later Sweden, many monarchs of Norway hailed from other European countries. The election of King Haakon VII (Harald's grandfather) in 1905 marked the first monarch chosen by an independent Norway since the Middle Ages.

2. **He is an Olympian.**

An avid sailor, H.M. King Harald represented Norway three times in the Olympics, participating in the 1964, 1968 and 1972 games. He and his crew also won World Championship bronze, silver and gold medals in 1988, 1982 and 1987. In 2005, they won the European Championships with the Fram XV.

3. **He extended his Royal Patronage to the Sons of Norway Foundation.**

In 1992 King Harald became a patron of the Sons of Norway Foundation. During subsequent years the king has affirmed continual confidence in the mission and philanthropy of the Foundation by renewing his patronage through 2020.

4. **A portion of the Arctic is named after him.**

Over 2,500 square miles of eastern Svalbard was dubbed "Harald V Land" by the Norwegian Polar Institute in honor of the king in 2013. King Harald is the third Norwegian monarch—preceded by Olav V and Haakon VII—to have part of Svalbard named in his honor. In 2015 he was the world's first reigning monarch to visit Antarctica.

5. **His courtship was unique.**

Then Crown Prince, Harald broke from tradition when he married Sonja Haraldsen, a commoner, after a nine-year courtship. After consulting with the Presidium of the Storting, parliamentary leaders and the Norwegian government, King Olav gave his permission for the couple to marry in March of 1968. On Aug. 29, 1968, Harald and Sonja were married at Oslo Cathedral.

ODINS Challenge

President Mary Andersen has once again challenged the lodges of the Third District to produce a video about how **NOT** to treat a new member. There is a script available by clicking on the link; <http://3dsofn.org/wp-content/uploads/NewMemberSkit1.pdf>. Please stick to the script. All entries must be received by March 1, 2018. The videos will be reviewed by the 3D Board and the finalists will be shown at the 2018 Third District convention and the "Odin" (3D equivalent of an Oscar) will be awarded to the winning video. The winner of the first Odin award was Gulfstream Lodge.

LEGENDARY NORWEGIANS

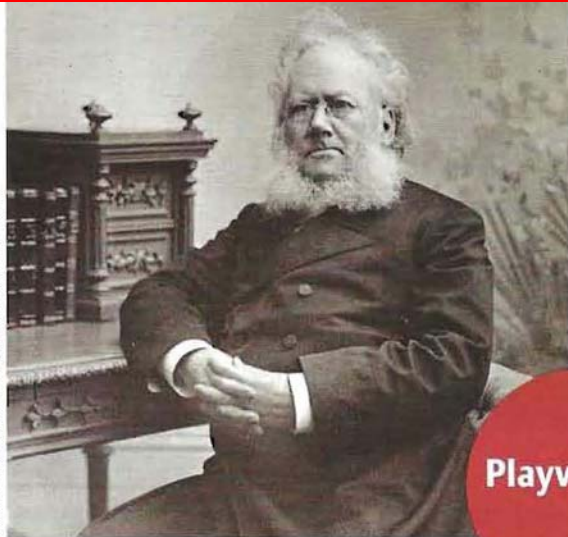


PHOTO BY DANIEL GEORG NYBLEN IN NATIONAL LIBRARY OF NORWAY

Playwright

HENRIK IBSEN 1828-1906

Ibsen is one of the most famous names in literature, and not just in Norway. After William Shakespeare, Ibsen is the most-performed dramatist in the world, according to the National Library of Norway. He is often referred to as the father of modern drama, because his work addressed themes of modern society such as politics, religion and the media, to name a few. Ibsen wrote 26 dramatic works and some 300 poems during his lifetime. Some of his most well-known titles include "Brand," "Peer Gynt," "Emperor and Galilean," "The Pillars of Society," "A Doll's House," "Ghosts" and "The Wild Duck."

PHOTO BY FRANK BENNETT FOR NATIONAL LIBRARY OF NORWAY



Composer

Edvard Grieg's wife, Nina, was a concert singer and his inspiration.

EDVARD GRIEG 1843-1907

Grieg is without a doubt Norway's most famous composer, and his music is a symbol of national identity for many

Norwegians. He started playing the piano as a young child. After receiving encouragement from renowned violinist Ole Bull, he attended the Leipzig Conservatory where he honed his extraordinary skills. Grieg later helped found and became part of the Copenhagen concert society, Euterpe, which produced works by young Scandinavian composers. Grieg's music was inspired by Norwegian folk songs. One of his most famous works is the music he composed for "Peer Gynt," a poem written by Henrik Ibsen.

The "John Karlsen Memorial"

Golf Tournament

at

Land of the Vikings

The Weekend of

May 5 – 7, 2017



For LOV Reservations - Call or E-mail Bev or Rick:-

Phone:- 570-461-3500 E-mail:- vikingland@tds.net

Tournament Fee:- \$70.00 for each Golfer

Includes:- Golf, Greens Fee, Meal and Prizes.

Send Tournament Fee by **April 15th** to:- Audun Gythfeldt
PO Box 702

Pocono Pines, PA 18350

? Questions for Audun ?

Phone #- 570-646-3817

E-mail:- audun99@ptd.net



**On Sunday,
April 30, 2017**

**Norden Lodge 3-407
Will be Celebrating Our
80th Anniversary**

Dinner/Dance at Marconi Manor's Beautiful Ballroom

333 Moffitt Boulevard, Islip, NY (West of Rt 111)

Music by: Ellen Lindstrom & her 5 Piece Swedish Meatballs

Tickets are \$55 per person

Come One, Come All and Celebrate With Us

**Dinner, Entertainment and Festivities 12 to 4 PM
Includes Beer, Wine & Soda – Cash Bar for Drinks**

Please make your reservations as soon as possible.

Seating is limited, therefore requiring seating on a first come first serve.

Our Deadline is April 10, 2017

Please make checks payable to: "Norden Lodge 407"

Please send checks to Karen Helms

183 Evergreen Avenue

Bethpage, NY 11714

NORBU CALENDAR 2017



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Ash Wednesday	2	3	4
5	6	7	8	9	10	11
12 Zone Meeting 2pm	13	14	15	16	17 St. Patrick's Day	18 Irish Social 6:30pm
19	20 First Day of Spring	21	22	23	24	25
26	27	28	29	30	31	



Norwegian language classes are being held as the schedule of the students permit. If you are interested in joining, please call Kari Brescher to find out when the next class will be held. 973-627-6334

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