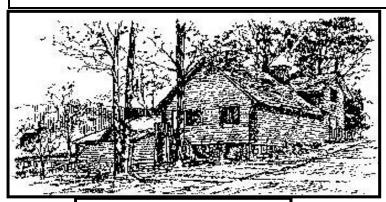
# THE ROR-BU REWS



September 2021 Lodge web address www.norbulodge.org Lake Telemark, NJ Volume 17 issue 7 NOR-BU LODGE SUPPORTS A DEMENTIA FRIENDLY SOCIETY



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.

Dracidant	Audun Gythfeldt	570 646 3817
Vice President.	Joe Zarnitz	973-267-2052
Counselor	Evelyn Hammaren	973-584-8249
Secretary	Irma Bergland Lafko.	973-983-9479
Financial Secy.	Grethe Zarnitz	973-267-2052
Social Director	Elisabeth Nilsen	908-283-1295
Cultural Directo	r Deb Landvik-Larsen	973-442-4642
Treasurer	Anne-Lise Meisner	973-663-1070
	.Anne-Lise Meisner	
	Shawnee Trail, Wharton,	
	anne@smallworld-trave	el.com

Rental of the cabin can be made by contacting Barbara Samuelsen at 973-586-8454 Checks for rentals made out to <u>BUL</u>, Inc

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

<u>Deadline for submission of materials for publication is the</u> 20<sup>th</sup> of the month prior. PLEASE NOTE!

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

Check our website. www.norbulodge.org



### WELCOME NEW MEMBERS

This is a new item in the newspaper as we have recently become aware that we are getting new members online and we would like to recognize and welcome them and invite them to our meetings and events.

Else Marie MacCutcheon Joined May 21

Alex Weber Joined May 21

Audry Keiper Joined June 21





#### September 2021 MESSAGE



I have been holding off as long as I could writing my monthly piece hoping that I would be able to share with you my comments of what is happening in Sons of Norway right now. As a delegate to the international convention I have information that I know would be of interest to you. However, we have been asked to keep this information confidential for the time being, and I will toe the line however much I disagree. So, I will concentrate on our current local lodge situation and where I hope we will be going these next few months, and hopefully next month I will be able to discuss what I referred to above.

It is now Saturday afternoon, and for the last couple of days I have been thinking of and looking forward to our Nor-Bu picnic tomorrow. With COVID restrictions having been relaxed to such an extent that we can again meet at the Cabin, it would have been nice to enjoy a summer afternoon together with Nor-Bu friends. Living this far north we don't usually consider hurricanes and tropical storms much of a concern for us, but wouldn't you know, our picnic is in danger of being cancelled because of Hurricane Henri! And if you thought COVID is done, think again. The Delta variant is spreading rapidly. Hopefully most of you are fully vaccinated and therefore won't be seriously affected should you get the virus, but we could still experience problems in our daily lives. Let us hope that won't happen.

Our Fall schedule is set, and hopefully we can get through it without any COVID interference. We have our business meeting on September 18, and in October we will have a social get together, possibly as a fundraising dinner for Alzheimer's. And speaking of Alzheimer's, activities are being planned as you can see elsewhere in the newsletter. I urge you to take part and do what you can in our fight against Alzheimer's which has caused so much grief for so many. I am hopeful that a cure will be found, but our help is needed to get to that point.

In addition to our regular business meeting in November, we are hopeful that we will once again be able to have our Tricky Tray, scheduled for November 14. We have been without our main fundraiser for two years, so it is important that we make a success of this one. Whatever you can do to help is appreciated.

Let me also mention a couple of Zone events coming up. Bernt Balchen will host the Zone meeting on Sunday, September 12. Delegates are obliged to go, but any member is welcome. Their lodge meeting is at 1 pm with lunch and Zone meeting to follow at 2 pm.

And then we have the Zone Memorial Service which we will host on Sunday, October 3. It is more than two years since we had our last memorial service so we have quite a few members who have joined lodge eternal since then. You have always been very supportive of this event, and I hope that will be the case again this year.

Fraternally,

Audun



### ANNUAL ZONE MEMORIAL SERVICE

October 03, 2:00pm Holy Trinity Lutheran Church 508 Green Pond Rd, Rockaway, NJ 07866

Hosted by Nor-Bu Lodge

Please plan to attend this very special service where we recognize the members who have entered the Lodge Eternal since our last service 2 1/2 years ago.



#### <u>September</u>

Scanfest

Zone meeting Bernt Balchen

**Business** meeting

October

**Memorial Service** 

Cultural night

November

Tricky Tray

**Business** meeting

December

Food Sale

Annual Pork Dinner

Julefest

**CANCELLED** 

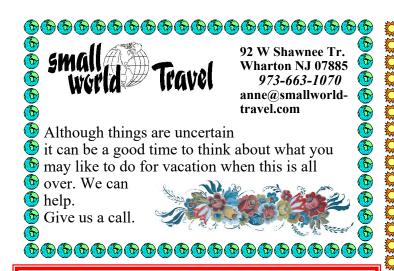
Sunday, September 12th at 1:00pm Saturday, September 18<sup>th</sup> at 6:30pm

Sunday, October 3rd at 2:00pm Saturday, October 16<sup>th</sup> at 6:30pm

Sunday November 14th at 2:00pm Saturday, November 20th at 6:30pm

Sunday, December 5th at 1pm Sunday, December 5th at 2pm Saturday, December 18th at 630pm





### **TUBFRIM**

Please note: Evelyn Hammaren will collect the stamps that our members collect for Tubfrim. Bring your stamps to the lodge. She will continue to take care of sending them on so that they can be sent to Norway.

#### **GOD BEDRING**



We would like to send get well wishes to Rita Kugler, Bill Nostrand, Marilyn Pettersen, Hessie Kjekstad, Henny Henriksen and Kjell Ring, Peter Johanson



NOTIFY Your 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.

#### 





It is with sadness the we, the members of Nor-Bu Lodge send our condolences to the family and friends of Richard Lillis, who entered the Lodge Eternal on June 8, 2021. Rick was a past president and one of our folk dance instructors. He was also involved in our sports program and arranged many interesting hikes in the local area. Donation to Nor-Bu Lodge or The Parkinsons Foundation has been requested.

#### Fra 3-D Presidenten, Katherine Dollymore - September



Welcome back from summer. Welcome September. Velkommen tilbake fra sommeren. Velkommen September. Meetings on Zoom or meetings in person? Some lodges are meeting in person for the first time in a long period, some are continuing with Zoom, some are hybrid and doing both. We are starting to get back to normal or may I say in some cases better than normal with technology showcased in some lodges. If you haven't yet, and want to try Zoom for your lodge, fill out a Fraternal Funds form found on the 3dsofn.org website and send to our District

Secretary. However you plan to get together, I hope you will have a fun and lively meeting.

We have adapted, we've added online speakers and presenters, we've hosted hybrid meetings and enjoyed events outside, we have joined online with members from other lodges. Getting to know our membership from other lodges. WE WERE DETERMINED!! I am just so proud of our District, our lodge leaders and members who have found ways to make it all work. Placing our members welfare first, despite the type of meeting, events, and experiences that had been planned - we are taking the next step and continuing with meetings, events and experiences in a positive way. I'd like to wish all lodges a Happy Anniversary no matter the year and note that Nordkap Lodge has reached the century mark. Hoorah!!

We are advancing with September meetings and thinking forward to nominations, elections, Juletrefests, installations, resolutions, then on to the 2022 convention in Jacksonville. Time just has a way of flying by. All of these items are of import and deserve our attention and your District board is there to assist if you ask.

Last year at this time I was writing a note to everyone to keep a positive outlook on life as the world around us was crashing down around us with meetings uncertain, events put on hold, people unsure of the future - just sitting and waiting trying to keep optimistic thoughts, it was difficult to process. To a certain extent it is still tough to comprehend. I hope you are all taking precautions staying safe and well. Enjoy your Labor Day off if you are able. It's thought by some to be the last hoorah of summer. And please remember Patriot Day, it has been 20 years since September 11<sup>th</sup>.

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If you have taken pictures of your adventures during the summer send them so we can get them in the Viking Magazine.

Fraternally, Kathy

### LANGUAGE CLASSES

In an effort to keep some of our members together in a virtual fashion, Kari Brescher is holding Norwegian language classes on Zoom every week or every other week as needed.

You can contact Kari by phone at 973-627-6334 or by email at karifbrescher@gmail.com.

Several of our members have found this Zoom contact to be enjoyable and in some way able to keep the Nor-Bu Lodge contact alive.

Please consider joining the classes. You may find it very enjoyable.

#### **★** SHOPRITE CARDS



We are still selling Shop-Rite Gift cards You can call Evelyn Karpack at 973-479-5526 to request them. Then, simply mail a check to Nor-Bu Lodge, PO Box 317, Hibernia, NJ 07842. She will then mail the cards back to you. Let her know the amount \$50, \$100 or more.

This is one Fund Raiser that can help us at least a little with our expenses and it is not difficult to do.

\*\*\*\*\*

#### The folks that help bring you the newsletter.

#### **Booster Club Members**

Norman & Nancy Ambjor	3/2022
Stuart Anderson	.12/2021
Kristine Anker-Kaufmann	
Dorothy Furst Bahnatka	
Kari & Frank Brescher	5/2021
Anne-Lise Henriksen Carew	
Jeff & Debbie Dirgo	9/2024
Kim Dwyer	5/2022
Marit Fosstveit	4/2022
Gail Garnett	
Peggy Gerding	
Audun Gythfeldt	5/2023
Norman & Jean Halls	8/2022
Barbara Hanenberg	
Ellen Hantho	
Vega & Arthur Hendela	1/2024
Henny Henriksen	12/2024
Perhara 9 Datar Jahanaan	12/2021
Barbara & Peter Johanson	2/2021
Stan & Hessie Kjekstad	
Irma Bergland Lafko	11/2021
Debbie Landvik Larsen	4/2022
Joe & Barbara Lehner	
Bjorg Lema	
Gerda Lindstrom	
John & Claire Loken	9/2021
Viola Murillo	
William Nostrand	3/2021
Mary & Harry Ostevik	1/2022
Charly Pedersen	5/2021
Neil Pedersen	.10/2021
Marilyn Pettersen	1/2023
Judy & Eugene Randazzo	12/2022
Gunvor Satra	1/2023
Ray and Carol Schutz	9/2023
Barabara & Roy Selland	6/2022
Joanne Schaper	
Kevin Smith	
Elsie Svaasand	
Joyce Svendsen	
Mari Svensen	2/2022
Angie Thompson	
Austin Thompson	
Joanne Thompson	
Robert & Mary Thompson	
Curry Appa Thompson	1/2022
Gwyn Anne Thompson	1/2022
Mary Ellen Thompson	
Garth Eric Thompson	
Gindy Dale Thompson	
Garon Keith Thompson	
Gayle Elaine Thompson	1/2022
Heather Thomson	
Jason Thompson	
Laura Thompson	
Thelma Thompson	1/2022
Barbara & Karl Peter Thorsen	4/2024
Richard & Ellen Tonnesen	10/2021

You to 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 W. Shawnee Trl., Wharton, NJ 07885





The members of Nor-Bu Lodge wish to send their condolences to the family and friends of Harry Ostevik, who entered the Lodge Eternal on August 15,2021. Harry had been sick for a while and passed away peacefully with his family present.

Harry was a life member and a former Telemark resident.

He was very involved in years past but still nowsupported our regular functions. He loved our food sale.

### **Special Birthday Congratulations**

**^^^^^** 

We are celebrating our 90 plus members for SEPTEMBER

Gladys Stene 95



### **CABIN RENTALS**

We have now opened the cabin for rentals again for use by members and their guests.

Cabin must be rented by member only and member must be present at the function.

Rentals are \$200.00 with a deposit of \$100.00, which will be returned after cabin is found to be is fine order.

Please contact Barbara Samuelsen at 973-586-8454 to reserve the cabin.

NJ Covid rules must be followed.

### Holy Trinity Lutheran Church

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973-625-0110
HTLchurch@gmail.com
www.rockawaylutheran.org

#### Sunday Worship Sunday School 11 am Pastor Jack DiMatteo

Communion is celebrated every Sunday. The 2<sup>nd</sup> Sunday of each month is our Contemporary Service.

## www.fossilfueloil.com



(973) 366-9111 We Have Rock Bottom Prices





"Nor-Bu Nordic Ski & Outdoor Club".

Keep watching, more outdoor activities in the planning. Walk-a-thon for October to raise money for Alzheimer's may be a virtual one. More info in next newsletter..

### Since the packages are not available, you can now make your own

#### RØMMEGRØT

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- a recipe is included below.



### Ingredients

- 1 % cups 35 percent fat sour cream (Recipe for homemade sour cream in Step 1)
  - Ingredients for homemade sour cream:
    - 1 cup whipping cream
    - 2 Tbsp. buttermilk
- 1 ¼ cups flour
- 5 cups full fat milk
- ¾ tsp. salt
- 1/2 cup granulated sugar
- 2 Tbsp. cinnamon

### Recipestep 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

#### Step 2

Simmer sour cream, covered, about 15 minutes.

#### Step 3

Sift in 1/3 of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

#### Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.