

THE NOR-BU NEWS



Summer 2020

Lodge web address www.norbulodge.org

Lake Telemark, NJ

Volume 16 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.

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Vice President . Joe Zarnitz.....973-267-2052
Counselor Evelyn Hammaren973-584-8249
Secretary Irma Lafko..... 973-983-9479
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Rental of the cabin can be made by contacting
Barbara Samuelsen at 973-586-8454
Checks for rentals made out to **BUL**, Inc

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.

Check our website. www.norbulodge.org

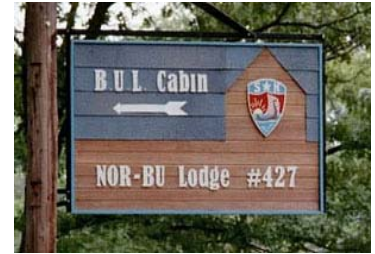
OUTDOOR PICNIC AT THE LODGE

You are invited to our BYO everything outdoor picnic on Saturday, August 1st. We hope to have our St. Hans bonfire. We plan to start at 3:00pm. You will need to bring your own chair, food and mask. CDC requires that we social distance, with 6 foot spacing. Under the circumstances we are unable to serve food, so you will need to bring whatever you wish to eat. Also, there will be no sharing of food. Elisabeth will present an interactive story with prizes. We would like to try this get together for us to have a social gettogether as per the governor's restrictions. Please let us know by July 29th, if you will be attending. Call Elisabeth at 908-283-1295 or email uffda810@optonline.net.



Picnic





Summer 2020 MESSAGE

They say that no news is good news, and since I have not heard of any Nor-Bu members being affected by the virus, I take that as good news and that we have escaped unharmed, at least so far.

That being the case, and with COVID-19 apparently being under control in our area, your Executive Committee has discussed the opening of Nor-Bu activities, having researched possible liabilities for the Lodge. Clearly there are liabilities, and it has been suggested therefore, to stay abreast of CDC guidelines in terms of cleaning, masks, social distancing, taking temperatures, etc., and develop protocols that must be followed by the Lodge and by attendees so that the Lodge can make the case that it followed proper protocols. It has also been suggested that we should consider having attendees signing an agreement to the Lodge's protocols, and a waiver and release of any claims for attending an event at the Lodge. These are all very sensible suggestions, and the Executive Committee is following up and will make sure that we take the necessary precautions. I am sure you all understand our need for doing this and hope that you won't mind the requirements we set for attending Nor-Bu events.

It is obviously easier to follow CDC guidelines for outdoor events, so we will make our first event a picnic on August 1, possibly with a bonfire to substitute for our annual St. Hans bonfire. You can read all about it on the front page of the newsletter. Bonfire or not, it will give us all the opportunity for the first time in more than six months to have a nice time together. To just enjoy each other's company at what will hopefully be a wonderful summer evening at our beautiful property.

Once we have made it through this event, we will consider what to do in the Fall. If the State continues to keep the virus under control, it is our hope to have meetings in the Cabin, but we will make that decision once we get to August. In addition to our regular meetings, we would like to have an Alzheimer's dinner, and our Julefest is almost a must, as is our Tricky Tray. But the virus situation is the deciding factor, and right now we will take it week by week.

And with this I hope you will enjoy the rest of your Summer and I look forward to seeing you whenever in the Fall.

Fraternally,

Audun

July Fra President Kathy

It is difficult to think of just the right words to write for my July President's letter. I don't think I could ever adequately express how I feel at this time...heartbroken, angry, scared, sad to name a few of the feelings that have come over me. Coronavirus is not the only issue we are dealing with, and it breaks my heart to see Minneapolis, a city where our SON Headquarters are, along with many staff members who we've learned to care about and love, deeply hurting so badly. It is time to have those difficult conversations that can help us move forward to fulfilling the promise of America.

We, here in the Philadelphia area, are finally at the yellow phase! And as with the rest of the states of the Third District with partial openings, not everyone is ready to venture out and about, take off their masks, eat out, go to the beach, and be in large crowds and that's okay. Everyone has their own comfort levels and has the right to be cautious. Do what's right for you and your family and what makes you feel safe and secure. This is a totally new world we live in now! Personally, I can't wait to try some outdoor dining at our local restaurants, but that may still be a ways down the road.

As we move away from quarantine, I wonder what new or rediscovered habits people found? I took the time to rekindle the love of reading classics like Agatha Christie's *Murder on the Orient Express*. I also found the SON website to be a wonderful way to brush up on Norwegian language. Sharing what we've been doing is a wonderful way to challenge other lodge members who want to push themselves and their fellow members to step outside of their comfort zones and try something different. I hope they inspire you to do the same! It doesn't have to be a big thing, but perhaps something small or something you've been meaning to do for weeks, months, or years. And if at first you don't succeed, try, try again! A great place to start is <https://www.sofn.com/> website and the cultural skills. And coming in August is the launch of the new electronic publication, Viking for Kids! So, look for that, too.

Stay safe, stay well and take care of each other

Kathy

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.

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Although things are uncertain it can be a good time to think about what you may like to do for vacation when this is all over. We can help. Give us a call.



GOD BEDRING

We would like to send get well wishes to Rita Kugler, Bob Haugeto, Bill Nosstrand, Marilyn Pettersen, Peter Johanson



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.

SHOPRITE CARDS



You can still purchase Shop-Rite gift cards if you wish. You can call Evelyn Karpack at 973-479-5526 to request them.

Then 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.

TUBFRIM

Please note: Evelyn Hammaren will collect the stamps that our members collect for Tubfrim. Bring your stamps to the lodge. She will take care of getting them to Kjell Kittilsen who is the current chairman or you can mail your stamps to Kjell at 871 - 70th Street, Brooklyn, NY 11228, directly. Also, if you have a stamp collection, or old postcards, you no longer wish to keep, call Kjell. Thank you.

GRATULERER MED DAGEN

JULY

Erik Barman
Stacey Titus
Else Ege
Lauren G Phillips
Debbie Dirgo
Steven Skiba
Kristine Anker-Kaufmann
Kari Liseth
Magnus Gythfeldt
Greta Carey
Roger McKeon
Ruth Hirschauer
Carol McKeon
Bjorg Lema
Kenneth Arntzen
Frida Jorgensen
Kjell Ring
Katherine Deo
Margaret Baines

AUGUST

Jeanette Skiba
Joseph James Lehner
Warren Andersen
Eric Midgley
Marianne Gythfeldt
Elizabeth GradyNielsen
Ann Whitestone
Sig Samuelsen
Barbara Thorsen
Vega Hendala
Hessie Kjekstad
Thomas Bakos
Daniel Spector
Edith Ring
Robert Thompson
Lise Meisner
Marilyn Bakos
Elizabeth Merritt
Stuart Anderson
Gail Garnett
Jill Hammaren
Charly Pedersen
Deanna Evensen
John Jenkins
Nancy Lund
Steinar Nelson

Happy Birthday!

THANK YOU FROM THE ALZHEIMER'S ASSOCIATION JUNE 2020

Although we are not having a Third District Convention in 2020, I am pleased to forward an excerpt of a letter I received from the ALZ Association to the members of the Tremendous Third.

And I do think you are all **tremendous**!!

The Third District Board, spurred on by Zone 3 Director Audun Gythfeldt, voted to make the Alzheimer's Association our cause going forward. We designated the Third District as Dementia Friendly. It was proposed, in honor of the Sons of Norway 125th Anniversary, that the Third District would raise \$12,500.00 for the Alzheimer's Association. I am pleased to say even with these past 4 months of no meetings and no convention, where collections could have been made, we are over \$10,500.00. I am so proud of our group. Know that for the Longest Day "Sons of Norway Third District Team" is still operational on the ALZ website through December 2020. I have no doubt we will meet, if not exceed, our goal. In a world that is facing change, struggle and heartbreak you all have stayed unwavering in the support of our vision; a world without Alzheimer's and all other dementia.

An excerpt from the letter sent by Ms. Donna W. McCullough, Chief Development Officer, Alzheimer's Association:

"The Alzheimer's Association is excited to celebrate your making a difference in the fight to end Alzheimer's and all dementia.

We have thousands of committee members across this nation who work countless hours to increase our army of Alzheimer's fighters. Through your generous donations of time, talent, and funds, you recruit new participants, you further engage current participants and get the word out in your community about The Longest Day. These actions help spread awareness of the importance of coming together for a world without Alzheimer's.

Thank you for leading this fight. Thank you for the early mornings and late nights. Thank you for attending each committee meeting, posting all of those flyers and leaving yet another voicemail.

Thank you for inviting your friends, family, neighbors and co-workers to join this fight.

Without you (The Sons of Norway Third District) the Alzheimer's Association would not have been able to provide essential care and support to families affected by this disease. Nearly 300,000 callers wouldn't have been served through our free 24/7 Helpline. We wouldn't have been able to provide over \$167 million to more than 500 best-in-class research projects in 27 countries. And without you, we wouldn't have more than quadruple the amount of Alzheimer's research funding at NIA since 2015.

Your donations allow us to continue to enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health. Please accept our heartfelt thanks for your continued support."

My own thanks for the Viking Auctions, ALZ Dinners, Memorials, local lodge support, individual donations and all of the fundraising to honor your loved ones.

Fraternally
Kathy Dollymore
Third District President



An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

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

Nils Abate.....	12/2020
Kristine Anker-Kaufmann.....	9/2022
Dorothy Furst Bahnatka.....	7/2023
Eric Barman.....	12/2020
Kari Brescher.....	5/2021
Anne-Lise Henriksen Carew.....	3/2021
Jeff & Debbie Dirgo.....	5/2020
Kim Dwyer.....	2/2021
Marit Fosstveit.....	6/2020
Gail Garnett.....	11/2021
Peggy Gerding.....	6/2021
Audun & Margaret Gythfeldt.....	5/2021
Barbara Hanenberg.....	5/2021
Ellen Hantho.....	3/2021
Iris R. Hascup.....	9/2020
Vega & Arthur Hendela.....	4/2021
Henny Henriksen.....	12/2020
Stan & Hessie Kjekstad.....	2/2022
Irma Lafko.....	11/2020
Debbie Landvik Larsen.....	4/2021
Bjorg Lema.....	11/2021
Gerda Lindstrom.....	3/2021
John & Claire Loken.....	9/2021
Per & Marit Mikalsen.....	6/2020
Viola Muriello.....	6/2021
William Nostrand.....	3/2021
Mary & Harry Ostevik.....	1/2021
Charly Pedersen.....	5/2021
Neil Pedersen.....	10/2021
Marilyn Pettersen.....	1/2021
Judy & Eugene Randazzo.....	12/2020
Gunvor Satra.....	1/2021
Ray and Carol Schutz.....	5/2020
Barabara & Roy Selland.....	6/2022
Kevin Smith.....	2/2025
Mari Svensen.....	2/2021
Angie Thompson.....	1/2021
Austin Thompson.....	1/2021
Joanne Thompson.....	1/2021
Robert & Mary Thompson.....	1/2021
Gwyn Anne Thompson.....	1/2021
Mary Ellen Thompson.....	1/2021
Garth Eric Thompson.....	1/2021
Gindy Dale Thompson.....	1/2021
Garon Keith Thompson.....	1/2021
Gayle Elaine Thompson.....	1/2021
Heather Thompson.....	1/2021
Jason Thompson.....	1/2021
Laura Thompson.....	1/2021
Thelma Thompson.....	1/2021
Barbara & Karl Peter Thorsen.....	4/2024
Richard & Ellen Tonnesen.....	10/1020

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 W. Shawnee Trl., Wharton, NJ 07885**

Memorial Boosters



In Loving Memory

Daniel Lema	October 2021
Arne & Ingeborg Strom-Henriksen	April 2021
Arne Landvik-Larsen	December 2020
Arnt & Solveig Walaas	April 2028
Louise Scantlebury	June 2021
Ruth & Ivar Skavnes	October 2020
Evelyn & Oscar Tonnesen	October 2020

Special Birthday Congratulations

We are celebrating our 90 plus members for June

Steinar Nelson	90
Greta Carey	92
Else Ege	92
Kari Liseth	94

