

**SONS OF NORWAY
FJELL-LJOM
(MOUNTAIN ECHOES)**

BLAFJELL LODGE 3-646 JANUARY 2012

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**President: Sharon Rohrback 540-774-0006 Vice President: Marlin Thompson 540-334-2672
Secretary: Kathy Clark 540-977-2349 Editor: Joann Barfield 540-380-2926**

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Mission Statement:

**The mission of the Sons of Norway is to preserve and cherish a lasting appreciation of the
heritage and culture of Norway
and other Nordic countries ..**

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Regularly scheduled meetings: fourth Saturday of each month, 3:00 PM,
College Lutheran Church, 210 South College Avenue, Salem
(except for special events)

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Godt Nytt År! Happy New Year!

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JANUARY MEETING ..

Saturday, January 28, 2012, 3:00 PM

College Lutheran Church

Program:

The Spectacular *Geography* of Norway!

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President's Letter:

Blafjell Lodge had a great year!

Several visitors have attended our meetings and/or events, and we received new member Anne Hoose. Welcome!

We participated in the May Local Colors event, 90+ countries, and in the October Local Colors-Taste of Culture (highlighting Norway this year). Each event provides Nordic literature and food.

We are still adopting Faith Christian School. We hosted Nordic displays, activities, and food at their fifth grade Viking Day, and we donated a couple Nordic-themed books to their library.

We had a wonderful Fifteenth Anniversary celebration, at which we were entertained by Nordic dancers Meg and Bill from Vikings of the Smokies, and we

recognized members who received 5-yr, 10-yr, 15-yr, 20-yr and 25-yr pins. It was good to see some attending who have not been able to come for awhile.

Several of us have started walking to earn the first level of Sons of Norway Walking Medal. This can be done individually. To earn the medal, you must walk 100 miles between October 2011 and September 2012. I will be ordering more brochures and log sheets if anyone else would like to give it a try.

Thank you to all of you who have supported Blafjell by renewing your memberships and by helping as you could at meetings and events.

Planning for 2012

On January 14, 2012, we had a very productive planning meeting for Blafjell Lodge. We are still having our regularly scheduled January 28, 3pm meeting -- see you there!

Thank you to Kathy Clark, Secretary, who volunteered to be our interim Treasurer until this Fall's election, **but the Sons of Norway Constitution stated each position must be a separate individual. We need, ASAP, Blafjell members to volunteer to be Treasurer and Financial Secretary until the Fall Election.**

Thank you to Helene DeVries, who has volunteered to be our Historian.

There are lots of exciting Blafjell programs and events coming up. Check the meeting/event dates published later in this newsletter. This year is also the District 3 Centennial Convention in June. More detailed information is on 3dsofn.org website. Plan to attend -- even better, let me know you would like to be a voting delegate for Blafjell Lodge.

Prayers requested for our members:

Marlin Thompson, who has completed three chemotherapy sessions and 39 radiation treatments, is doing well, will be checked in six weeks, his main complaint being his lack of taste! (He has not lost his famous sense of humor!)

Anne Hoose, for treatment for her back pain.

Sharon Rohrback, President

Cultural Director's Letter:

Welcome 2012!!! This year will be exciting for all of us at our meetings! We'll start Norwegian Language Lessons provided by Sons of Norway. We'll do one each month, hoping to complete 8 by next December. We will not do them when we have the picnic, Anniversary dinner, or the Julefest. During the month of January, our cultural lesson will be a geography lesson on Norway! Each one of us will label a map with the major cities, fjords, rivers, mtns, and tourist attractions. Be prepared to tell us from where your ancestry is, and we will all try to locate it on our maps. It should be fun for all of us and help us, when we read articles, to know where areas of interest are located.....Don't forget your reading glasses!!!! I'll bring all the supplies we will need.

Cheri Johnson, Cultural Director

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2012 Calendar of Meetings/Programs/Special Events:
(all location at College Lutheran Church, unless otherwise noted)
Mark your calendars now!

- January 25 The Spectacular Geography of Norway .. "hands on" study of our ancestral regions and homes
- February 25 A Visit to the Seter, its Sheep and Goats and Milkmaids .. with goat milk and goat cheese
- March 24 Family Day Open House .. come one, come all .. a public invitation to learn more about "All Things Norwegian"
- April 28 Let's make Lefse! learn how to make our much beloved Norwegian food!
- May 19 Local Colors! another year of our largest public event! Elmwood Park, Downtown Roanoke
- June 23 Our Annual Summertime Picnic .. location TBD
- July 28 Movie Day .. virtual tours of Norway .. with popcorn!
- August Summer Vacation
- September ___ Adopt-a-School program .. Faith Christian School, Roanoke
- September 22 Viking/Nordic Auction
- October 19 Local Colors/Taste of Colors/Sweden .. our 7th year .. Downtown Roanoke
- October 27 Anniversary Dinner .. celebrating our 16th year!
- November 17 Christmas in Norway .. getting in the holiday mood .. Videos of the celebrations in Norway and the famous Jule symbols
- December 8 Julefest 2012!
with the lovely St. Lucia Procession and
ALL of our favorite foods on the Julebord!

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From Your Editor:

We welcome participation from YOU in Your Newsletter:
If you have suggestions, items of interest, book recommendations, family recipes, or jokes, send 'em to me .. e-mail, snail mail, or the good old-fashioned telephone!
We have an exciting year coming up .. let's make our newsletter exciting, too!
Mange Takk! Joann

News of our Folks:

Gratuleer Med Dagen

January/February birthdays:

Jeremy Nelson (Heritage member) .. 1-21

Thomas Nygaard .. 1-23 Sharon Rohrbach .. 1-25 Todd Solberg .. 1-10

Heritage Members: Ben Clark .. 2-23 Claire Nelson .. 2-29

Jan Helge Bohn of St. Michael (Lutheran Church) has received the Silver Beaver Award for distinguished service to youth, presented by the **Blue Ridge Mountains Boy Scout Council**. He has been scoutmaster of Troop 158, sponsored by St. Michael, since 2006.
from The Virginia Lutheran, January 2012

..... Getting to Know You Better .. Your Editor ..

At the suggestion of President Sharon, guess it's my turn ..

As I've said so many times, I was most blessed to have grown up in the time and the place in which I did .. the 30's to the 50's .. immersed in the Icelandic community of my mother, with my father's Norwegian community close by .. it was the little town of Upham, rural north-central North Dakota, about 30 miles from the Canadian border, population about 200 .. a very safe and secure, albeit simple, home life .. like many of you ..

Although my generation was not far removed from the "old country", having grandparents who immigrated from Iceland and Norway to America, it was unfortunate that we were not taught the language! I think it was because of the emphasis upon Americanization. Likewise, there was little talk of the "old country"; I think it might have been because of sadness/loneliness for the home country and families.

When I was 15, my dad's rheumatism dictated his retirement as a bulk agent from the Standard Oil Company (at age 45!), and he decided to move to Florida to FISH! Major Culture Shock! But we all experienced the famous Southern Hospitality! Mother and Dad fished every day, while my brother and I enjoyed "Happy Days" at Martin County High School in Stuart, Florida (the Sailfish Capital of the World), on the beautiful Florida East Coast, 40 miles north of Palm Beach.

After business school in Jacksonville, I was fortunate to do secretarial work in social service agencies: The Children's Home Society of Florida (adoption agency) and United Cerebral Palsy of Jacksonville (outpatient treatment center). At SPE Sweetheart Weekend at University of Florida in Gainesville, I met my #1 Gator (husband, Hugh), and we were married in his hometown of Gainesville. His insurance agency career took us to Atlanta, Philadelphia, New Orleans, and (our first new home) Slidell, Louisiana; then back to Jacksonville and Gainesville before we landed in 1972 in Virginia, to open the McDuff Warehouse Showroom in Salem. By that time, we had three boys along for the ride! The 1975 recession caused a move to Knoxville, Tennessee .. but my heart was in Salem .. we found a way to move back in 1977 .. never more to roam!

Hugh retired from Grand Piano in the 90's. After many years "out of the workforce", with young children at home, I eased back into the working world and ultimately attained my "dream job" at Roanoke College .. 8 years in Community Education and 5 years in Arts Administration .. from which I retired in 2000, the year we finally persuaded my mother to move from California to live with us until the year 2006, when she passed away at the age of 92. Our three sons have blessed us with nine grandchildren! Eldest son is an orthodontist in Atlanta; middle son is in marketing in San Clemente, California; youngest son is in computers at a medical research facility and lives nearby in West Salem.

Since 1986, Hugh and I have enjoyed extensive train travel all around the United States and Canada. And, we have been blessed to make four trips to Iceland and Norway, where we met many family members (some of whom have visited us here), and we visited the farms from which my grandparents came and the churches where they were both baptized and confirmed: 1989 to Iceland, 1994 to Norway, 2000 back to Iceland (a driving tour of the entire island), and 2008 for the Hurtigruten voyage up the entire West Coast of Norway to the Russian border (billed by National Geographic as "the most beautiful voyage in the world" .. and I believe it!)

It was a Big Surprise in 1997 to hear of the Sons of Norway lodge in (of all places!) the Roanoke Valley of SW Virginia! And, active lodge membership has been a great blessing of my life ever since!

Mary Joann Gudrun Haugen Barfield

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THIRD DISTRICT NEWS:

For President Ralph Peterson's letter, see the Third District Events Calendar:

www.3dsofn.org/newsletter/index.html

District 3 events: www.3dsofn.org/eventscalendar

Land of Viking (LOV) camp and conference center in Pennsylvania: www.3dsofn.org/lov

New Sons of Norway E-Post: sonsofnorway@sofn.com.

New website for Nordic News from the Icelandic Embassy: <http://www.iceland.is/us>

Norwegian American Hospital (Who knew??)
<http://www.nahospital.org/> courtesy of Lars Hagen

News from Norway:

Norway - the official site in the United States

Royal Norwegian Embassy in Washington

2720 34th Street NW

Washington, DC 20008

Tel: (202) 333-6000

Fax: (202) 469-3990

E-mail: emb.washington@mfa.no

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Norwegian Humor:

more meanings of "Uff Da":

arriving late at a lutefisk supper and getting served minced ham instead!

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ARE ROLLER COASTERS NOT AS FUN AS THEY USED TO BE?

When your retirement or savings take the "ride" on the stock market, the feeling in the pit of your stomach isn't fun. Get peace of mind with the guaranteed returns of a Nordic Annuity and keep the roller coaster rides in the amusement parks. See Michael Beck contact information below (next page).

For information about Sons of Norway's financial benefits contact:

Michael Beck, LUTCF

Office Phone: (540) 443-6485

E-mail: michael.j.beck@cox.net

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We'll see you all on the 28th!

(Norwegian Language Lesson to follow)