



**FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅ FJELL LODGE 3-646  
April 2020**

*President: Sharon Rohrback 540-774-0006*  
*Vice President: Joann Barfield 540-380-2926*  
*Secretary: Kathy Clark 540-977-2349*  
*Treasurer: Cheri Johnson 540-989-6330*  
*Editor: vacant (Sharon Rohrback, acting)*

Blå Fjell's website: [sonsofnorwayblafjell.org](http://sonsofnorwayblafjell.org)  
 Facebook group: <http://www.facebook.com/SonsOfNorwayBlaFjell>

**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 the other Nordic countries.

**Regularly scheduled meetings:**

Fourth Saturday of each month, **1:00 PM**,  
 College Lutheran Church, 210 South College Avenue, Salem  
 (Except for special events)

**Because COVID-19 restrictions were extended by Governor Northam to June 10:**  
**APRIL AND MAY MEETINGS CANCELLED AT COLLEGE LUTHERAN CHURCH.**  
**MAY SPRING YARD SALE - POSTPONED TO AUGUST**  
**MAY LOCAL COLORS FESTIVAL - POSTPONED UNTIL JULY 11.**

**Remember to save your Tubfrim donations -- on paper clipped 1/4" around the stamp!**  
 During this virus crisis, the Salem Food Pantry is not allowed to take canned goods donations.

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**MARK YOUR CALENDARS**

**BLÅ FJELL LODGE****NO MEETINGS IN APRIL AND MAY**May 2, 2020 Spring Yard Sale **POSTPONED TO AUGUST.**May 16, 2020 LOCAL COLORS **POSTPONED TO JULY 11.****Jun 27, 2020 Meeting?** Only if the VA Governor and the church lift restriction after June 10.

If held, At CLC 1-3pm. Program: the movie Frozen II

July 11, 2020: Local Colors Festival is planned to be held this date. Will call for volunteers.July 25, 2020 Annual Picnic at Smith Mountain Lake home of Larry NormanAug 22, 2020: - **month off?** Board will decide if we may have a mtg to catch up the earlier programs about Sons of Norway and about your Favorite Book. The Bla Fjell Board will have to decide.Sep 26, 2020 Meeting at CLC 1-3pm Program: Viking Auction*Oct 9, Faith Christian School (Leif Eriksson Day pgm by Cheri only)*Oct 24, 2020 SON 125th Anniversary Gala and BlaFjell 24th Anniv at CLC 1-3 pm.*Nov 6, 2020 Viking Day at Faith Christian School (pgm by Cheri and 6 other Bla Fjell members)*Nov 21, 2020 Meeting at CLC 1-3pm. Program: Heritage. Vote on new officers for 2021-2022.*Dec 11, 2020 St. Lucia Concert at St. Andrew Catholic Church*Dec 12, 2020 Julefest Nordic Feast at CLC 1-3pm.**THIRD DISTRICT and INTERNATIONAL CONVENTIONS postponed two years.****MEMBER NEWS**

**April Birthdays:**

Robin Lambert, 4/1	Gail Ofte Atha, 4/12	Karen Rice, 4/13
Ellen Nygaard, 4/15	John Eide, 4/25	Inga Solberg, 4/26
Makenzie Epperly, 4/29		

**Prayers:**

Let us pray for the COVID-19 virus to abate SOON! Pray healing for all who have already been diagnosed with the virus. Pray safety for all medical workers, police, truck drivers, restaurant personnel and others who come in constant contact with the public. Pray that we continue to take all precautions.

Side note from Sharon: when I send mail, I no longer lick the envelope flap but use a small slightly damp piece of paper towel to moisten the flap.

Let Sharon know of any other prayer requests: for help or in thanks giving.

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**LODGE PRESIDENT'S MESSAGE**  
**HAPPY EASTER TO ALL!**



What a time we've had in March and now extended into June. I pray you and your families are doing well. See the Third District President's message for some ideas on easing your stress.

We have canceled our April and May Meetings. Will let you know about any June mtg.

We have postponed our May Spring Yard Sale until August (probably either the first or second weekend depending on Cheri Johnson's availability).

Local Colors Festival has been postponed to July 11. Our lodge has paid its registration to participate. The Foundation will keep us posted on any cancellation or further postponement.

Sharon Rohrback, President

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**VICE PRESIDENT/MEMBERSHIP DIRECTOR MESSAGE**

Let's hope that this temporary disruption in our normal activities is not causing any of you undue suffering; if there is any way that we (Sharon and I) may be of assistance, please feel free to call upon us

As suggested In President Kathy Dollymore's letter, it is hoped that this "extra time added to our lives" may be devoted to some worthwhile activities that enrich our lives such as our Blå Fjell Book Study.

Since this seemed a good time for more reading, we decided to proceed with the Book Study online, as suggested by Kathy. (In response to an item from the SON Resource newsletter, we sent them a note about it and received a very enthusiastic reply that perhaps other lodges may do the same.) Our first "meeting" will be upcoming soon, and we would welcome any members who would like to join with our original six

The subject book is "From Scandinavian Shores" authored by J. B. Hove (husband of Kathy's cousin), an extensively researched book, which includes early history of the Nordic countries and is available on Amazon and at Barnes & Noble.

Unfortunately, our new Community Service project, Visitation to Nursing Homes, is stalled by the current situation. However, if you had made visits prior to the "lockdown", please do report them to me in the following form: Your name, Date, Name of Facility Visited, Time spent (including Transportation).

May this time of "social isolation" become beneficial to your life and your spirit .and we look forward to being together again in person, however long that may be. Please care for yourself, your family, and friends, however you can.

Blessings! Joann Barfield, Vice President/Membership Director

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**MARCH 28, 2020, MEETING MINUTES**

No minutes. The March meeting was not held due to the COVID-19 virus mandated restrictions.

Joann Barfield, Secretary Pro-Tem

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## CULTURAL DIRECTOR MESSAGE

From Cheri Johnson, Cultural Director

### PREPARE FOR AUGUST YARD SALE FUNDRAISER.

Hi Friends! Let's make the best use of our time at home! This is a great time to "Declutter" and clean out your closets and drawers

A lot of people are out of work and may not have the money to buy items at stores this summer. That may help to make our yard sale in August a great success. I have already done this and accumulated way too much stuff.

I find that men's items and sporting items sell well along with jewelry, kitchen, linens, and décor. If you have stickers, price your items very reasonably --50cents, \$1, \$2. \$3--clothes and shoes usually Go for \$1...If you have furniture, price it also as you wish. Thanks for doing this! Have fun filling a box for Sons of Norway!

### MARCH 25 - NATIONAL WAFFLE DAY IN SCANDINAVIA. History of Waffles with recipe.

In these difficult times, when we are forced and encouraged to stay at home, I have found great fun in trying to make different recipes. You can do the same. Here is a fun recipe for Great Grandma Josephine's Norwegian Waffles called " Vaffler "in Norway. But before I begin let me tell you about Waffles!

March 25 is National Waffle Day in Scandinavia :Vaffledagen"

August 25 is National Waffle Day in America in honor of the first Waffle Iron!

Waffles were started in Belgium, just south of Denmark.

The heart shape is Scandinavian.

Norwegians like them most!!!

Waffle irons come in many shapes: square, heart, 3 hearts, 5 hearts.

Some old irons were found during the Viking Age with runic writing on them, probably flat and used for pancakes.

March 25 is Annunciation Day...The day Gabriel said to Mary that she would have a baby.

March 25 is 9 months till Christmas.

March 25 is called The Day of our Lady ...Varfruedag...in Sweden.

### Norwegian Waffles Yum! Yum!

#### small recipe`

1 stick of butter

1/2 cup sugar

2 eggs

1/2 cup buttermilk

1/4 t. vanilla

1/4 t. baking powder

1/4 t. baking soda

1/4 t. cardamom

#### large recipe

2 sticks of butter

1 cup of sugar

4 eggs

1 cup buttermilk

1/2 t. vanilla

1/2 t. baking powder

1/4 t. baking soda

1/2 t. cardamom

#### Instructions

Cream the butter and sugar

Add eggs, milk, vanilla, baking powder, baking soda, cardamon.

Mix well. Let it sit for 3 minutes. Pour desired amount into waffle iron....it is done when there is no more steam

Try birch syrup, maple syrup, or blueberry syrup on top

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**GETTING TO KNOW YOU.**

**MEMORY from Kathy Clark.**

Growing up in a Swedish area, the 10 AM and 3 PM coffee was part of my world. Everyone stopped what they were doing and stopped for coffee. It was hard for me to adjust that everyone in this area doesn't stop. Here is a sweet story about when my mother was born  
10AM, Feb. 22, 1908. After my mother was born, the midwife said "Good, now we can have coffee". In the book I am reading by V. Moberg, they drank coffee after the birth of their baby

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**WHAT I LIKE ABOUT SONS OF NORWAY (SON) INTERNATIONAL**

(Various members can volunteer to put their own statement in our monthly newsletters)

**What we Love about Sons of Norway**

From Joann Barfield and Kathy Clark

Coming from such similar backgrounds and because we would be saying the exact same words, we (Joann and Kathy) decided to join together in saying What we Love about Sons of Norway. While Joann was born and grew up in the midst of her mother's Icelandic community, close by her father's Norwegian community in North Dakota, Kathy comes from the Swedish-Norwegian communities of her mother and father in Minnesota, our backgrounds are so similar that we can, literally, finish each other's sentences! That is the beauty of Sons of Norway membership; we would never have known each other or experienced that "sisterhood", if not for this unique organization! It is a delight to see other members discover and enjoy their common backgrounds, especially as we fulfill our mission to preserve the heritage and culture of our Nordic countries, so near and dear to our hearts.

In these days of being so distanced from the people and places of "home", it is a comfort to have reminders of our youth; yes, we can go home again!

For example, the great books we have been reading recently on the immigration of the Nordic people and the fascinating Book Study on "From Scandinavian Shores" give us a look at the culture from which our forefathers came and the trials and tribulations they endured to settle in this New Land. (if you wish to join the with us in book study online, contact either Kathy or Joann).

If any prospective member should ask why they should join Sons of Norway, feel free to mention these benefits, along with those listed by Sharon in the March newsletter, we are eager to share these with new members! We are thankful for Sons of Norway and for Blå Fjell Lodge and the fellowship and friendships that enrich our lives!

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**LAND OF THE VIKINGS (LOV) RAFFLE INSTRUCTIONS CHANGING**

Expecting new instructions from Sons of Norway, Karen Olsen.

**Do NOT send Sharon Rohrback money as of this newsletter.**

Message from Karen Olsen, 4/2/2020:

Hi Sharon,

I have not done anything yet. I have to confer with a number of people before making any changes.

Have been living day to day here on Long Island with the virus all around.

**At this point I would not ask anyone to even go to the Post Office if they did not have to.**

I had everything planned out when I left the Board meeting in March. (Florida - Zone 5 has not even got their tickets). The statement man plans and God laughs has never been truer.

**What I can say is there will be a raffle and that there is plenty of time to send in tickets.**

I will try to work on it next week

Thanks, and stay safe and stay healthy

Karen

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**CULTURAL ARTICLES**

**VISIT VESTERHEIM MUSEUM VIRTUALLY**

from Facebook posting shared by Hampton Roads Lodge March 24, 2020.

(From Sharon: I couldn't make the below link a hyperlink)

Wish you could visit a museum. Now you can virtually!

Vesterheim - The National Norwegian-American Museum & Heritage Center (located in Decorah, Iowa) posted free online galleries. You can browse through hundreds of photos, archives, and artifacts of Norwegian history.

[COLLECTIONS.VESTERHEIM.ORG](http://COLLECTIONS.VESTERHEIM.ORG)

[Virtual Galleries | Vesterheim Norwegian-American](#)

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**EXCERPTS FOLLOW FROM "SCANDINAVIAN PRESS" MAGAZINE ARTICLES.**

FIRST TWO FROM SPRING 2020 ISSUE; THIRD FROM SUMMER 2019 ISSUE.

*(Sharon Rohrback received permission from "Scandinavian Press" to copy from articles in this magazine as long as we state the source". A couple of our members subscribe to this magazine for \$25/yr and receive a copy quarterly. The magazine" shares news from Denmark, Finland, Iceland, Norway, Sweden and those worldwide who share the Nordic heritage". Sharon Rohrback, Blå Fjell editor.*

**ARTICLE 1- DID YOU KNOW? (fascinating facts)**

**Iceland:** Reykjavik, believed to be the first permanent settlement in Iceland by Norsemen, has the honor of being the northernmost capital of a sovereign state in the world. (source: en.wikipedia.org).

**Finland:** Before WhatsApp or Facebook messenger even existed, Finnish inventor Matti Makkonen introduced his text messaging idea back in 1984. Declined at first, it wasn't until 1992, that the first text message "Merry Christmas!" was sent from his computer. (eduation.co)

**Norway:** The small Arctic town of Kirkenes, in northeast Norway, is further east than all of Finland and only 9 miles from the Russian border. It is common to see bilingual street signs and advertisements in both Norwegian and Russian. (Source: lifeinnorway.net).

**Sweden:** Sweden has the highest number of McDonald restaurants per capita in Europe (although still only half the US ratio). That includes the McSki, Sweden's Ski-through McDs, at Lindvallen ski resort.

**Denmark:** Denmark was once covered with trees, but uncontrolled felling for agriculture dropped that to 2-3% by 1800. In 1805, the Forest Act was adopted, and a significant increase has been seen. (Source:wildaboutdenmark.com).

## **ARTICLE II- CELEBRATING NORDIC NATIONAL DAYS.**

(This is from the David Luyben, Editor of "Scandinavian Press", who said he has been researching Nordic National Days in each of the countries that are being celebrated in 2020. Listed in order of the Month/Year of celebration.)

**Norway, May 17: Syttendai Mai celebration.** The country with the earliest National Day each year on the calendar is Norway. This is the 115th celebration.

The Norwegian Constitution, separating Norway from Sweden, was signed at Eidsvoll on May 17, 1814. But the union with Sweden did not end until 1905 - marking the beginning of a truly independent Norway.

**Denmark, June 5:** Except for the Nazi occupation of Denmark in WWII, Denmark has always been a sovereign state. Constitution Day, on June 5, commemorates the first truly democratic constitution of 1849, founded on the ideals embodied in the earlier U.S. constitution.

**Sweden, June 6:** Sweden's National Day celebration is in honor of two historical events: Gustav Vasa being elected king June 6, 1523 and the adoption of a new constitution June 6, 1809. June 6, 1916 became the Swedish Flag Day.

**Iceland, June 17:** Icelandic National Day celebrates the foundation of The Republic of Iceland on June 17, 1944. The date also marks the end of Iceland's centuries old ties with Denmark. The date was chosen to coincide with the birthday of Jon Sigurosson, the leader of the 19th century Icelandic independence movement.

**Finland, December 6.** On December 6, 1917, the parliament declared Finland an independent state. Finland had been part of the Russian empire since 1809. After the Russian revolution and the defeats in WWI, movements in Finland pushed for independence. A tradition for families is to light two candles in the windows of their homes, to recall a time when two candles in a window was a sign to Finnish soldiers that the house would offer them shelter and hide them from the Russians.

Submitted by Sharon Rohrback, Editor

### ARTICLE III- COFFEE DRINKERS ALERT!

from Scandinavian Press, Summer 2019 - and a comment from Joann Bafield.- (Isn't that all of us Scandinavians?)

#### Finns love coffee, but how much is too much?

"Finns consume a whopping 12 kg (26.5 lbs.) of coffee each per year, ranking them the second-largest coffee-consuming country in the world when it comes to per-capita coffee consumption (behind Luxembourg).

"This information brings a question: how much coffee can you consume before it becomes bad for your health? **A new study says that up to 25 cups of coffee each day shouldn't have any ill effects on health!**

"The study, done at London's Queen Mary University, researched the coffee-drinking habits of more than 8,000 people in the UK. They found that anything from five to 25 cups of coffee each day was no worse for arteries than drinking less than one cup per day.... Great news for coffee-lovers!"

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### PICTURE POSTED 3/15/20 ON "I Love My Norwegian Heritage" Facebook page

Lovatnet in Stryn, Norway

photo: @niels\_tichelaar"




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### FLORIDA LODGE 3-541, JACKSONVILLE, FL. NEWSLETTER ARTICLE.

In Norway if someone is *happy go lucky*, they call him a 'Happy Salmon' (en glad laks).

If a Dane is 'pulling cod fish to the shore' (at trække torsk i land) it means he is snoring VERY loudly, in Swedish.

In Swedish if you put onion on the salmon, you're making things worse (Aa lägga lök på laxen).

Also in Danish, if something 'goes to fish' it means it went completely wrong (at gå i fisk).

If someone 'slides in on a prawn sandwich' in Sweden ("Glida in på en räkmacka") it means someone who didn't have to work to get where they are in life.

If a Dane tells you he doesn't have a red prawn (ikke en rød reje) it means he is skint.

From The Kitchen People <[iloveherring@scandikitchen.co.uk](mailto:iloveherring@scandikitchen.co.uk)>

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**PICTURE POSTED 3/17/20 ON "North Dakota Memes" Facebook page.**



Comment from someone to the above posting. It occurred to me in the last week that we didn't hear stories as kids about the 1918 flu epidemic impacting our grandparents and their siblings, and I wondered about the social distancing part. What was the mortality rate in ND and other very rural states?

Someone answered: It looks like North Dakota was definitely impacted, but perhaps because of the giving nature of its people. People sacrificed themselves to help others. And North Dakota sent a large percentage of medical professionals to the war, leaving itself short-handed when the pandemic hit. [https://bismarcktribune.com/.../article\\_6cb77826-c3bb...](https://bismarcktribune.com/.../article_6cb77826-c3bb...)

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**FROM DISTRICT 3 PRESIDENT  
APRIL 2020 NEWSLETTER**

(From Sharon: I added underscores)

I count my lucky stars every day that I can say I am part of such a wonderful, supportive, and caring organization! Usually, when something disrupts the everyday norm in society, our District comes together and leans on one another. We have faced things TOGETHER. Our members have supported one another and "rallied the community troops" to care for one another in times of personal struggles. The only difference this time is we have to do all this from a safe distance away; ideally from the safety of our own homes. Being quarantined/ isolated can be stressful and lonely, whether you live alone or have a household of family members.

We have been put through the wringer with this COVID-19 Virus and it may not be over yet. My major concern is for everyone to stay safe and healthy. My daughter works in a major hospital as a medical technician scientist and my granddaughter is a self-employed small business owner. Everyone has been affected. Just be kind and patient and pray for those who are not so lucky as we are.

When I am stressed and I feel like I have no control over the world around me, I try to do something creative. Whether I paint, embroider, knit, or reorganize my closets/books/computer files, I find something that focuses me on a fun task, and I discover that I'm not worrying about today, tomorrow, or yesterday. Creative moments can, and do, help you to focus and unwind. It doesn't have to be painting a masterpiece or knitting a sweater; it could be something as simple as doodling using simple pen and paper.

May I suggest while you are staying at home in a safe place you use that time to practice your cultural skills. Whether you want to try a new recipe, learn rosemaling or research your roots, Sons of Norway provides access to a variety of resources. After signing on look under Member Resources and go to Cultural Programming. A history. Write a letter. Netflix has some Norwegian movies. YouTube will show you how to make lefse. Take a walk around the block and breath some fresh air.

Let's all come together (virtually), make some memories, and appreciate what we have. Reach out to those you know who are alone either by phone, text, Facetime, Zoom, etc. and make that connection. And if you feel like you don't have anyone to turn to, please reach out to a lodge member.

Stay home, stay safe and Ta vare på hverandre "Take care of each other"

Fraternally, Kathy Dollymore, 3D President

### LINKS TO

#### **THIRD DISTRICT, 3D ZONE7 LODGES and INTERNATIONAL NEWS:**

For 3D President's letter, see the Third District Events Calendar:

[www.3dsofn.org/newsletter/index.html](http://www.3dsofn.org/newsletter/index.html)

For District 3 events: [www.3dsofn.org/calendar](http://www.3dsofn.org/calendar)

For Land of Viking (LOV) camp and conference center in Pennsylvania: [www.3dsofn.org/lov](http://www.3dsofn.org/lov) or [www.Landofthevikings.org](http://www.Landofthevikings.org)

For Sons of Norway E-Post: [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com)

#### **3D (Third District) ZONE 7 LODGES**

**Blå Fjell Lodge 3-646** meets in Salem, VA: Website [www.sonsofnorwayblafjell.org](http://www.sonsofnorwayblafjell.org) or Facebook [www.facebook.com/SonsOfNorwayBlaFjell](https://www.facebook.com/SonsOfNorwayBlaFjell)

**Hampton Roads Lodge 3-522** meets in Virginia Beach, VA: Website [www.hrson.org](http://www.hrson.org) or Facebook [www.facebook.com/hrsons](https://www.facebook.com/hrsons)

**Norsk Carolina Lodge 3-679** meets in Charlotte, NC: Website [www.norskcarolina.org](http://www.norskcarolina.org) or Facebook [www.facebook.com/NorskCarolina](https://www.facebook.com/NorskCarolina)

**Norskevenner Lodge 3-678** meets in Roswell, GA: email [sofnvennekretsen@gmail.com](mailto:sofnvennekretsen@gmail.com) or Facebook [www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678](https://www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678)

**North Carolina Vikings Lodge 3-675** meets in Raleigh, NC: Website [www.northcarolinvikings.org](http://www.northcarolinvikings.org). There is no Facebook site.

**Southern Star Lodge 3-360** meets in Myrtle Beach, SC: Facebook: changed to Scandinavian Celebration Southern Star Lodge.

#### **INTERNATIONAL NEWS links:**

For Royal Norwegian Embassy in Washington: [emb.washington@mfa.no](mailto:emb.washington@mfa.no)

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

For NEWEST NEWS: New newspaper ... Welcome to Norway Today: [www.norwaytoday.info](http://www.norwaytoday.info)

For FULL LISTING OF EVENTS around the U.S.: [wwwnorway.org/calendar](http://wwwnorway.org/calendar)

**TRAVEL INFORMATION FOR NORDIC COUNTRIES:** (until about three years ago, we used to be able to contact a country's embassy and would receive a few free travel informational packets to hand out at Local Colors festival. Now the information is online. Thank you, Larry, for the link names. I verified I could successfully open the below links. Once open, each link had its own method to get at the various information. Sharon Rohrback

[www.visitdenmark.com](http://www.visitdenmark.com)

[www.visitfinland.com](http://www.visitfinland.com)

[www.inspiredbyiceland.com](http://www.inspiredbyiceland.com)

[www.visitnorway.com](http://www.visitnorway.com)

[www.visitsweden.com](http://www.visitsweden.com)

***PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!***

***For the Love of Norway!!***

