



# SONS OF NORWAY

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

*April 2022 Newsletter*

## **BLA FJELL LODGE SUPPORTS A DEMENTIA FRIENDLY SOCIETY**

Newsletter is sent Saturday two weeks before a meeting. Input is due the Thurs before it goes out.

### *Administrative officers:*

*Co-President: Sharon Rohrback 540-774-0006; cell ph: 540-521-1384*

*Co-President: Cheri Johnson 540-556-3611 cell phone.*

*Vice President: vacant*

*Treasurer: Cheri Johnson 540-556-3611 cell phone.*

*Corresponding Sec'y: Kathy Clark 540-977-2349*

*Recording Sec'y: Marilyn Barrier -1-972-697-6096*

*Membership Sec'y: Joann Barfield 540-380-2926*

*Editor: Sharon Rohrback 540-774-0006*

Blå Fjell's website: [sonsofnorwayblafiell.org](http://sonsofnorwayblafiell.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, 1:00-3:00 PM.**  
except when special events.

**NEXT MEMBER MEETING: April 23, 2022, 1-3 pm**

**Snacks by Lucy Hochstein; Beverage by Marilyn Barrier**

Bring your saved stamps for SON Tubfrim **and** your canned goods for Salem Food Pantry.

Thank you to the Membership Committee calling team for phone call reminders before each mtg.

4/23/22	1-3 at CLC	<b>Pgm Dementia by Physical Therapist Karen Ellexson of Richfield Living (see her bio below).</b>	Snack Lucy; Bev'age Marilyn
5/21/22	9am-5pm:	<u>Local Colors event in lieu of mtg:</u>	Event chair: Cheri
6/3 & 6/4/22:	9am-2pm:	Yard Sale fundraiser at home of Cheri. (setup is Thurs 6/2)	
6/25/22	1-3 at CLC	Pgm Identity Theft by Lucy Hochstein	Snack&Bev'age: Helene
7/23/22	Time tbd:	<b>Lodge Picnic</b> at Rohrback home.	Food: all
August	month off		
9/24/22	1-3 at CLC	<b>Nordic auction/bake sale/yard sale</b>	Snack Karen& Bev'age Sharon:
10/22/22	1-3	<b>Anniv (26th) mtg at restaurant:</b> Time/Place tbd	Each pays own meal.
11/19/22	1-3pm at CLC.	<b>Pgm tbd</b>	Snack Cheri; Bev'age ???
<b>12/10/22</b>	1-3pm at CLC.	<b>JULEFEST (full meal)</b>	Food: all; St. Lucia.

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## MEMBER NEWS

### April Birthdays

Robin Lambert 4/1      Gail Ofte Atha 4/12      Karen Rice 4/13  
 Ellen Nygaard 4/15      Becky Burnett 4/18      Inga Solbert 4/26  
 Makenzie Epperly 4/29

### PRAYERS

--of comfort for Don and Cheri Johnson and family. Don's brother, Gerald, passed away April 7, 2022. Distant family were able to come and visit with him the day before. Cheri said "Don's brother, Gerald, passed away into the hands of God today. He will be missed, but always remembered. We are all enriched by his desire to help others, his fight for life, and his brotherly love."

--of comfort for the family of Earnie Bean (Sharon's cousin), in Iowa, who passed away March 28.

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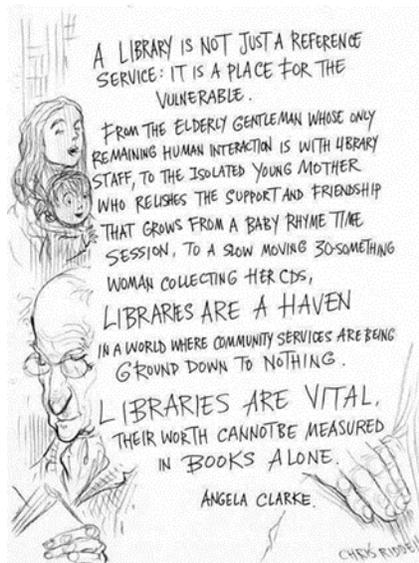
## WORDS OF WISDOM

(from Facebook postings).

What's your favorite place?

I don't have a favorite place. I have my favorite people. And, whenever I'm with my favorite people, it becomes my favorite place.

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### **ABOUT KAREN ELLEKSEN, SPEAKER AT THIS MEETING**

Karen Ellexson, earned her Masters of Science in Physical Therapy in 1996 and has been a practicing licensed physical therapist in Virginia for the last 26 years. She has spent most of her career in Geriatrics (20 years), specifically in long term care providing direct patient care as a staff therapist, providing team management and clinical program development as a rehabilitation director, area manager and clinical specialist. Caring for people living with dementia is a passion which lead to becoming a certified Independent Consultant and Trainer for Positive Approach to Care (PAC), and a Certified Dementia Practitioner (CDP). Karen has experienced the challenges facing people living with dementia from a professional standpoint, but from a personal perspective as well. Her father was diagnosed with early onset dementia at 57 and passed away at 76, nineteen years later. These experiences gave her the drive to be part of the change needed to raise awareness, spread knowledge and teach skills to better connect, communicate, interact and partner for care with people living with dementia. Karen is the founder of Sapphire Dementia Partners providing educational and consulting services for people living with

dementia and for those who care for them. She works with healthcare organizations, businesses, universities, and with families to increase awareness, develop knowledge and competent skill sets for caregivers to create a better quality of life for people living with dementia. She is a certified support group facilitator through the Alzheimer's Association, a member of the Alzheimer's Association political action group (AIM) Alzheimer's Impact Movement, and a member of the American Physical Therapy Association (APTA) geriatric section.

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**FOR DISTRICT 3 NEWS: [www.3dsofn.org](http://www.3dsofn.org).**

**Open Menu tab. Select document from pull-down menu.**

Third District TDT is sent Quarterly...President's Message Monthly;...Blog shows many interesting posts including our Bla Fjell lodge newsletter (we are trying to shorten length of our newsletters, so will also provide these links instead of printing the articles. Sharon Rohrback, Editor

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**BLA FJELL LODGE co-PRESIDENT MESSAGE**

**1 April is Charitable Trust Month. See article later in the newsletter.**

**2 HEADS UP FOR UPCOMING EVENTS: to collect your items and reserve your time to help (details later)**

May 21 Local Colors booth: sell baked goods & Nordic artifacts; children's table; share heritage.

June 3-4 (Fri and Sat) yard sale fundraiser. Setup will be Thursday June 2.

3. **District 3 Convention:** Bla Fjell virtual (Zoom) delegates are Joann Barfield and Sharon Rohrback, attending virtually.

4. The required year-end Treasurer's report to IRS due in April, and the other Secretary and Treasurer year-end reports due earlier, have been submitted on schedule.

5. 2022 International Convention will now be a Virtual, not in-person, meeting according to Ron Stubbings International President. Details not yet available.

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**LOCAL COLORS REMINDER FROM CHERI JOHNSON, EVENT CHAIR**

The lodge has registered for this event. Now, mark the date on your calendars and volunteer to provide baked goods and/or Nordic artifacts to sell.

**YARD SALE REMINDER FROM CHERI JOHNSON, EVENT CHAIR.**



Hey! I am asking you to start collecting Kroger bags which may be costing 5 cents soon, so we have bags for our yard sale in June. You can collect and bring any kind of bags (plastic, paper, decorated) for customers. Last month Inga brought me some items for the yard sale! That was great! They are already in the yard sale pile. I would be happy if you brought me bags and a few yard sale items for the next meeting. Thanks !

It is a good idea to start collecting items for that yard sale which is the first weekend in June. If we have lots of stuff we can make it a 2 day sale. Once again, I can come to your house to pick up items if you cannot get to my house. So please start saving your bags and all your contributions.

Thank you!

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**MINUTES of MARCH 2022 MEETING**

Social time started at 1:00. Many discussions took place regarding Ukraine.

The lodge meeting was opened at 1:45 by our President and the anthems were sung. Nine lodge members were in attendance. The SON Foundation Grant of \$930 was explained by Cheri Johnson. Part of the grant will be used for advertising. Walter Sandberg and Lucy Hochstein will be checking on advertising costs and where the best place would be to advertise. Our goal is to attract a younger generation that have Scandinavian heritage.

Sharon Rohrback and Joann Barfield are the delegates for the District 3 Convention which will be held virtually. Registration fee is \$100 per delegate which was graciously paid for by Sharon Rohrback.

Local Colors on May 21st was discussed and a signup sheet for set up, attendees and baked goods was passed around.

Information was handed out on the SON Foundation Raffle tickets for a beautiful quilt valued at \$600. Tickets are \$25. Each.

Secretary minutes for March were approved.

Treasury report was given by Cheri Johnson and was approved.

Membership chairman Joann Barfield stated she is waiting on report from Walter and Lucy.

Yard sale was discussed, it will take place on June 3 & 4 with pricing and setup on June 2nd.

No program was presented this month as presenter was ill.

Meeting was adjourned at 2:45.

Minutes Respectfully submitted by Marilyn Barrier.

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**MEMBERSHIP SECRETARY MESSAGE.**

We are pleased to report that the applied-for grant for the purpose of paid advertising to recruit new members has been approved, and we await the receipt of those funds. In the meantime, we also await the results of research by Lucy Hochstein and Walter Sandberg regarding advertising possibilities, and we will resume public service announcements after Local Colors. As always, the interest sign-ups that we get from Local Colors will be followed up by personal letters. But, do keep in mind that the best form of advertising has been proven to be personal contact, which can be practiced by every member! "Each one, invite one!"

Joann Barfield, Membership Secretary

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**CULTURAL DIRECTOR MESSAGE**

Physical Therapist Karen Ellexson of Richfield Living will give a program on Dementia.  
Thank you, Joann, for arranging this speaker.

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**DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE.**

**Cheri Johnson, Director of Children's Activities**

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**TUBFRIM GUIDANCE FROM District 3 Tubfrim Coordinator**

**Email text from Joann: Saturday's phone visit with the D3 Tubfrim Coordinator was very interesting; I had called him to ask for some guidelines on Tubfrim submissions .. yes, the not-for-profit stamps are OK; yes, they can be uncancelled; "send me everything," he said!**

TUBFRIM project was established in 1928 and is still going strong. Today: TUBFRIM is owned by the Norwegian Health Association and the profits are used to help children and youth with disabilities and handicaps in Norway, and to finance efforts to eradicate tuberculosis.

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saying of the Finns is (" In the sauna one must conduct themselves as one would in church.") This strict reverence protected the sauna from corruption that other bathing institutions befell throughout Europe. *If you would like further reading go to Google and enter New Sweden and then click on Wikipedia.*

### **Viking Era Wooden Sailboats: A Successful Nomination to the UNESCO Heritage List**

*(from SON E-Post emailed to all members. Shared by Joann Barfield)*

Trade, culture, and exploration are among the list of items to cross the globe for centuries now. But what helped facilitate this list? The answer is wooden sailboats.

As an effort to safeguard its cultural significance, Denmark, Finland, Iceland, Norway, and Sweden pushed for the United Nations Educational, Scientific, and Cultural Organization (UNESCO) to add "clinker boats" to its list of traditions that represent the Intangible Cultural Heritage of Humanity. The nomination was successful, and the UN's cultural agency has since added it.




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## RECIPE

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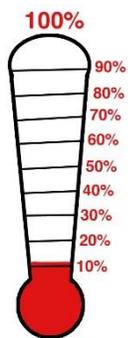


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### APRIL IS CHARITABLE TRUST MONTH

written by 3rd District Counselor, Peter Hanson,

The Charitable Trust is unique in Sons of Norway to our District 3. Responding to a fraternal and



financial need in 1971 and for more than 50 years since, the Charitable Trust has provided modest support to District 3 members with subsistence critical to their physical, social and psychological wellbeing. The need could be as simple as helping with the very high cost of prescription drugs or it could be a little help getting back on your feet from a devastating loss. A beneficiary may only need assistance for a few months or sometimes a little longer. Our donations are used to help those less fortunate, who simply cannot afford the basic essentials of life. It's a great cause, and I have been proud to be a part of it.

With the current state of the economy, it's become even more important to raise money to keep the good work of the C.T. going. Will you please consider a monetary donation to the Charitable Trust? Individual and lodge donations, estate planning, and fund raisers, in honor of a birthday or other celebration or event, are ways to ensure the Charitable Trust keeps doing the good work it does.

All funds have been and will continue to be invested appropriately to ensure protection and longevity.

To learn more about the Charitable Trust please do not hesitate to reach out with any questions you may have now or in the future at [counselor@3dsofn.org](mailto:counselor@3dsofn.org).

Beneficiary Ms. S wrote "I am writing this note to thank you for your financial assistance. Without that monthly check I would have to move away from my grandchildren as well as my life-long home".

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**LINKS**

**TO SON International. THIRD DISTRICT. 3D ZONE7 LODGE's and INTERNATIONAL NEWS:**

**\*\*\*\*For Sons of Norway International news:** [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com) (sofn.com)

**\*\*\*\*Third District President message:** [www.3dsofn.org](http://www.3dsofn.org)

Third District Today news: [www.3dsofn.org](http://www.3dsofn.org) for all the news.

Third District Lite news: expect this from e-mail message

Third District Events Calendar:[www.3dsofn.org/newsletter/index.html](http://www.3dsofn.org/newsletter/index.html)

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

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**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](http://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](http://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](http://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-](http://www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678)

[www.facebook.com/Sons-of-Norway-](http://www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678)

**North Carolina Vikings Lodge 3-675** meets in

Raleigh, NC: Website [www.northcarolinavikings.org](http://www.northcarolinavikings.org).

There is no Facebook site.

**Southern Star Lodge 3-360** meets in Myrtle Beach, SC: Facebook:

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**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.:

[www.norway.org/calendar](http://www.norway.org/calendar)

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**TRAVEL INFORMATION FOR NORDIC COUNTRIES:** (for free travel information,

you now must retrieve the information online. Free packets are no longer provided.

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)

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

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

