
MEMBER NEWS

August Birthdays: Walter Sandberg 8/12 Victoria Epperly 8/16
 Arvid Myklebust 8/16 Carolyn Sandberg 8/21

Prayers : Prayers for everyone impacted by the recent earthquake centered in North Carolina, felt in Lynchburg, other areas in Virginia, and other states.

CARD SHOWER FOR DORRIT GRINA- 100 years old September 1.
(from Editor: see pages 4 and 5 for Dorrit's biography and pictures)

You can send your cards individually any time in the month of August.

Dear Blå Fjell Lodge friends: From Joann Barfield.

Many of you longtime members have fond memories of Lawrence and Dorrey Grina, who were faithfully committed members of the Lodge since the year after its charter until their move to Our Lady of Peace in Charlottesville to be near family. Dorrey remains vitally interested in Sons of Norway and Blafjell Lodge

As you may recall, Lawrence passed away in 2007. Dorrey will celebrate her 100th birthday on September 1, and her family is planning a celebration and would appreciate her receiving a "card shower" from old friends (with pictures and remembrances, if possible). The Lodge will be marking this event for our oldest member in several different ways.

If you have questions, give me a call 380-2926 or e-mail
 If you can participate in this happy occasion for Dorrey, her address:
 Our Lady of Peace
 Christopher Center #CC06
 751 Hillsdale Drive
 Charlottesville, VA 22901

Tusen Takk! Joann

COME TO OUR NEXT MEETING AUGUST 22. 🙏

From Cheri Johnson, Cultural Director

1. Learn 12 fun facts about Norway 🤔
 2. Learn the "cozy concepts" of modern Nordic countries 😊
 3. Bring your "key concepts" pictures 😊
 4. Keep coloring your picture 😊
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MORE CULTURAL DIRECTOR ARTICLES are on pages 6-7

LODGE PRESIDENT'S MESSAGE

It was so great to see those of you, in person, who came to the July meeting! For those of you who could not come, it was prudent to stay safe, and we continue to wish everyone health.

The impact of the COVID 19 virus has caused the cancellation of so many fundraisers, impacting Third District and Blå Fjell Lodge's budgeted line items. Fundraisers to support are on the next page.

- 1) **Blå Fjell lodge's September 26 fundraiser**. Donate and purchase good Nordic items displayed at our September 26 SON 125th Anniversary gala.
 - 2) **SON Third District's "Tremendous Third District Fundraiser"**. Individually buy your ticket(s) at \$20.00 each directly from the fund raiser point of contact. I recently sent members an e-mail with details.
 - 3) **Blå Fjell lodge's August 8 yard sale** thank yous. It was successful even with the impact of attendance from the COVID-19 virus. Thank you to all who contributed items and time, and who came by to purchase. Thank you to Cheri and Don Johnson for letting us use their property. We badly needed this event as two of Blå Fjell's major fundraisers had to be cancelled: May Local Colors and Spring Yard Sale
- Sharon Rohrback, Lodge President

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VICE PRESIDENT/MEMBERSHIP DIRECTOR MESSAGE

How good it was to gather together again! Despite our small numbers, it was a good meeting and a good time. For those of you who were unable to come, we missed you and hope to see you in August.

Meeting in the St. John Youth Lounge worked well, as we observed all possible precautions; the Bojangle's box lunches and sides were delicious, and we heard from Cheri the highlights of Sons of Norway's **125 years**, which we will continue to celebrate for the balance of this year.

It's not too early to begin thinking of how you may serve your lodge in the upcoming years. You received a message from your Nominating Committee, and we will be making follow-up calls. A successful lodge depends upon the participation of all members, and the Team approach makes that easier for all!

As we return to more "normal", we have some wonderful activities coming up, and we look forward to seeing you. This is a good time, too, to invite prospective members, who probably are eager to get "out and about" to do something"!

Joann Barfield, Vice President/Membership Director

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JULY 2020 MEETING MINUTES from Secretary, Kathy Clark

The July 25,2020 meeting was held at St. John Lutheran Church. There were 9 members and 1 visitor present. Our visitor was Lloyd Jilburg of Roanoke County. We used the Youth lounge that had been completely sanitized for our use. Sharon opened the meeting with saying the 3 National Anthems instead of singing them. The Lodge provided a box lunch from Bojangles with snacks from Joann and Kathy. We shared what we have been doing during the quarantine. Several members shared their favorite books.

Our next fund raiser will be Sat. Aug.8th with a yard sale at Cheri Johnson's home from 8-2 PM. We can bring our items to be sold to Cheri on Fri. but have them pre-priced for the sale.

Our next meeting is Aug 22 with location to be announced later.

Treasurer. Cheri Johnson gave the treasurers report. The Nominating Committee is working on the officers election to be held in November. The Nominating Committee will be calling members in regard to this important election for our lodge.

Cheri gave an informative report on the history of the Sons of Norway that was founded 125 years ago in Minneapolis, MN by Norwegian immigrants.

The Sons of Norway 125th anniversary will be in Sept. with a catered box lunch. Cheri is working on the details of this event.

In preparation for the anniversary event, Cheri presented the first of three SON-provided programs (history of SON organization) and a Norwegian Fjord picture to be colored and turned in at the August meeting. Also, at the August meeting, turn in pictures you have collected which represent several Norwegian words (mentioned in the June newsletter, Cultural Director message). These will be put in a collage to celebrate our Nordic Heritage. In September, judges will pick the nicest Norwegian Fjord picture and the winner will be given a special gift from the Lodge.

We shared prayer requests for the Covid19 Pandemic, our families, and friends.

HONORING DORRIT GRINA - 100 YEARS OLD SEPTEMBER 1, 2020

(Dorrit's biography and photos provided by son Eric)

On August 7, *Sharon Rohrbach received this note from Eric, who composed the biography. "That led to me reading it to Dorrit a few nights ago. She was very pleased, and she felt gratified to know people thought well of her."*

Dorrit Elizabeth Dale Grina was raised in Decorah, a small town in northeast Iowa, settled by Norwegian immigrants in the mid-19th century. Her father Herman was the son of Norwegian immigrants while her mother Helene emigrated from Stavanger to Decorah in 1917. Dorrit's parents were among the founding members of the SON in Decorah in 1925.

Dorrit was surrounded by her Norwegian heritage from her earliest days and accompanied her mother on several summer excursions back to Norway, staying with her maternal grandfather and building close relationships with many of her extended family. Dorrit loved both tennis and the piano and performed publicly on occasion as a young teenager. Sadly, her mother was taken by cancer when Dorrit was 16. A year later Dorrit traveled back to western Norway for an extended visit, very nearly deciding to stay permanently. Ultimately, she returned to Decorah to attend Luther College, majoring in English and Norwegian. After graduation from Luther she studied nursing at Presbyterian Hospital in Chicago, graduating as a Registered Nurse.

After the war she married her college sweetheart Lawrence Grina. They moved to his home and family business in Barnesville MN, and with the birth of Eric in 1949 started her family. Twin daughters Karen & Christine came along two years later. In the mid 50's they moved to Fargo ND where she worked in nursing while Lawrence earned his degree in engineering. In 1957 her fourth child Peter was born.

In 1959 Lawrence's work took them to LaVale MD where she continued her work as a nurse, leading in the mid-60's to a teaching position at Memorial Hospital School of Nursing in nearby Cumberland.

In 1969 Lawrence's work took them to Salem. Dorrey, as she was known to many of her friends, became a Public Health Nurse in the 70's, and subsequently Acting Nurse Coordinator for Roanoke City Health Department. She also taught nursing at Community Hospital of Roanoke. Lawrence & Dorrey joined the Roanoke Chapter of the Sons of Norway in 1997, and with close friends hosted many Norwegian themed dinners. They enjoyed sailing for many years on Smith Mountain Lake and were members of College Lutheran Church.

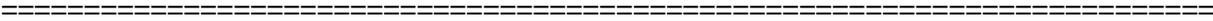
In 2005 Dorrit & Lawrence made the hard decision to move from Salem to Our Lady of Peace Assisted Living (OLP) in Charlottesville VA, closer to children there and in DC. In 2008 Lawrence passed away and Dorrit continued living at OLP. In 2009 she made her last trip to Norway, spending four glorious weeks in Os and Haugesund with her family there. Her family in Norway remains in close touch. They will tell you that even today at 100 years of age her Norwegian language skills are more classically correct than theirs!



Dorrit



Dorrit and her mother



THREE CULTURAL DIRECTOR MESSAGES PERTINENT TO SON 125TH ANNIVERSARY

I. CALENDAR OF EVENTS

July 25 Program: History of Sons of Norway, Coloring contest explained, Key Words explained, Bojangles box lunch. Ten members attended.

August 22 Program: Fun Facts about Norway, Collect "key words" pictures, "Cozy Concepts" of modern Nordic Countries. Goal is 20 members. Will provide Packaged snacks /drinks

September 26 GALA: Wear special clothes. present "key word " collages, vote on coloring contest
Free lovely box meal from Montanos, play Norway Bingo for gifts, *Try to dance Norwegian with social distancing, NORDIC SALE fundraiser - bring Nordic items with a price on them.

II COME TO OUR SEPTEMBER GALA !!!!

WHAT IS A GALA?

It is. a festive occasion, celebration, big party
where you wear something special, you look great!
you listen to music, you dance a few steps
have a special dinner, have a special Nordic Sale

Date: September 26, 2020

Place: College Lutheran Church

Attire: Your favorite outfit

Time: 1 - 3 pm, * dinner at 1:30 - Montano 's Box Lunch

Music: Grieg, Sissel

Sami sounds

Activities: Nordic dancing with social distancing

Nordic Sale....prices are firm

III. WHY IS IT IMPORTANT TO LEARN HISTORY?

*to understand our past *to understand our culture's origin *to understand our cross-cultural awareness
*to learn some general facts *to make interpretations based on historical fact
*to learn how to do research *to develop an appreciation for our ancestors
*to avoid making mistakes by the lessons learned before us

Sons of Norway has gone to great lengths to record accurately the past 125 years since the first meeting of the Sons of Norway.

On July 25th we attempted to learn some of that history and make it *relatable* to our life today. SON made up history cards in authentic* form so the *communities* in each state could understand those who came before us. These cards showed us the *warmth* of the Norwegian *families* as they helped each other and their friends in WWI and WWII in Norway. Their hearts and minds *open* to widening the placement of Lodges to many states such as: Minnesota, Washington, Illinois, California. The inclusion of fraternal insurance company enhanced the desire to help others. It became a *trusted* company. The ** on certain words highlights the" key concept" words emphasized by the 125th Anniversary committee.

In the Northern part of Minneapolis, a group of "Tronders"- people from the Trondheim district of Norway, especially the town of Selbu just 25 miles west of the city - organized the Sons of Norway. They formed the organization out of necessity - they needed to assist one another and other people of their nationality. They decided as a group to draw up a constitution. 18 members were considered the "founders!" The first Lodge was started in Northern Minneapolis and named Nidaros. The first President was Bersvend O Draxten. 15 of the first 18 members were "Tronders." A second Lodge was started in south Minneapolis called Oslo. A 3rd Lodge in NE Minneapolis became known as Dovre

Within 8 years, a lodge was started in Seattle, Washington. In the same year, a fraternal benefit insurance organization was started in Superior, Wisconsin (1903). Soon Lodges were started in Chicago

and the Midwest. In 1908, the Daughters of Norway merged with the Sons of Norway. In 1966, The SON Foundation was started as a non-profit to benefit charities and create scholarships for young people.

Now today, the mission of the SON has expanded to include the preservation of Norwegian Heritage and culture in our society. The original reason to form together to assist each other still exists today.

have you thought about how you could assist or "help" someone in our Lodge? 125 years ago, a group of 18 men formed this International organization of 57,000 members and 400 Lodges. It seems only *natural* now that we step up to our ancestors and see the *light* shining on us to help one another.

God Bless You all. I hope learning about the history has enlightened you to be a proud member of the Sons of Norway!!!

Cheri Johnson, Cultural Director

MEMBER MEMORIES

From Sharon Rohrback

When I was age 5 to about age 15, our family trip the last week of June/first week of July, would be a ten-hour drive to visit the Ysen farm outside of Gary, Minnesota in Norman County, where my mother was raised. This was the wood tick season; we had to completely check ourselves all over. My uncle's dog had some really "ucky" big ones. Most of these memories are from my grade school days.

My mother's mother, my Grandma (Nora Albertson) married my mother's father, my Grandpa Carl Ysen in the late 1890s; both born in the United States of full Norwegian heritage. Grandpa Ysen died of a brain tumor about 1952. My mother's only brother, my Uncle Morris stayed on the farm helping his mother; all sisters had married and moved. Grandma Ysen died late in 1979, shortly after we held an all-Ysen summer reunion on the farm. Because the house did not have enough space and there was only one bathroom in the house, many families camped in the front yard and Uncle Morris cleaned the outhouse and trail to it- naming it "Historical Wood Tick Trail". Uncle Morris died in 2008 at age 89.

- 1. Trip into town with my Grandpa Ysen.** To the creamery to deliver milk. He would treat us to Orange pop (what we call soda here) and a homemade plain cake donut made by a lady in town.
- 2. Cream on Bread.** A thick slice of homemade white bread, covered with thick cream from the separator in the barn, sugar and sometimes home-made chokecherry jelly from berries gathered in the farm woods. I could eat it 3 times a day; Mom said they had it when they had nothing else to eat.
- 3. Ice skating in below-zero weather.** Uncle Morris was so patient with children. When I was about age 10(?), he hosed a small area in the field so we could ice skate. We lasted about 10 minutes.
- 4. Our dog Arrow chasing the chickens.** One year we decided to take our black lab-mix dog (Arrow) with us. My dad built a platform behind the front seat for the dog. When we got to the farm, Arrow immediately chased the chickens on the farm so had to be chained up.

WHAT I LIKE ABOUT SONS OF NORWAY (SON) INTERNATIONAL

Point of contact, Joann Barfield

Would you like to write about your Sons of Norway experience for the newsletter? Send your article to mjghbarfield@gmail.com.

CULTURAL ARTICLES

Do You Have Icelandic Roots?

Submitted by Joann Barfield

Do you have a bit of Icelandic blood in your DNA? If you do, this message is for YOU. You may be able to trace your ancestry on the Icelandic Roots database!

Icelandic Roots (IR) is a **100% non-profit organization** managed by a dedicated team of volunteer genealogists in Iceland, Canada, the US and beyond, based in a small Icelandic community in North Dakota (with offices in Fargo, North Dakota). The database specializes in all things Icelandic, including genealogy, ancestral farm photos, geo-tagged locations, translation services, church records, and more. A membership in Icelandic Roots allows you to trace your ancestry back to the time of the Settlement of Iceland! It includes a private Facebook Group and access to a **relationship calculator**. All information is verified and sourced and safe. Icelandic Roots, founded in 2013, grew out of many decades of research done by genealogists in Iceland, and my family became involved when we were contacted by a previously unknown second cousin, which opened up a whole new family to us! My cousin participated in a **Cousins Across the Ocean** program, which connects cousins in Iceland and America.

The goal of Icelandic Roots is to include all Icelanders, past and present, in the database; it currently includes some 695,000+ persons, adding some 2,300 every month, by dedicated volunteers.

Our Scandinavian Press magazine (see me or Sharon for copies) had an introduction to Icelandic Roots in the Summer 2020 issue and plans a feature article on IR in the next issue, Fall 2020. If you're interested in this unique program, go to www.icelandicroots.com .. or come talk with me!

Icelandic Roots Member Joann Barfield

Finding my Finnish Heritage.

Submitted by Kathy Clark.

During my time staying at home with time on my hands, I decided to do some searching on my Finnish side of the family. In the 1500's, there were Finns emigrating to Sweden from Savolax, Finland. Peder Anderson and his family settled in Halsingland, Sweden, where my family lived. It was very hard for the Finns to become part of Sweden and their culture. One in particular was Israel Anderson who came to Sweden as a young man. He was involved with illegal hunting of animals for their furs. Another ancestor escaped from a Russian prison and rowed across the Bothnia Sea in a boat. Later in life he was attacked by a bear and died in the night. If I hadn't been forced to stay home, I would never have become aware of such fascinating adventures of my Finnish ancestors.

RECIPES- Turkaffe ("hiking coffee") and Blueberry Sweet Muffins

1. **From Hampton Roads Lodge Facebook posting.**

"hiking coffee," Turkaffe is traditionally prepared outside over an open fire or gas burner. Learn how to recreate the experience of brewing turkaffee from the comfort of your home: <http://khachilife.com/how-to-drink-coffee-like-a-Norwegian/>

2. **From Kathy Clark: Blueberry Sweet Muffins - continued on next page.**

(These were served at our July meeting)

1 1/2 cups all-purpose flour

1/2 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt
 1/3 cup milk.
 1/4 cup vegetable oil
 1 large egg, slightly beaten
 1 cup fresh or frozen blueberries
 2 tablespoons sugar

Mix the first 4 ingredients in a large bowl. Combine the egg, milk, and oil. Stir into the dry ingredients and only mix until moist. Stir in the blueberries gently. Insert 12 cupcakes liners in the cupcake pan. Spoon batter into cupcakes liners. Sprinkle the tops with sugar.

Bake at 400 degrees for 20-25 minutes or until a toothpick inserted in the muffin comes out clean. Put the pan on a wire and cool for 10 minutes and then remove to the wire rack to cool.

HUMOR

Shared by Bob Rohrback from a Facebook Posting
 Finally found out why the fish were'nt
 biting..



THIRD DISTRICT PRESIDENT AUGUST 2020 MESSAGE

Can you believe that August is almost here?!? Time sure does feel like it is both flying by and moving soooo slowly. As COVID -19 reached around the globe, we found ourselves in a world transformed. We have been forced to connect in ways we could never have imagined, testing our ability to adapt. The news right now is filled with stories about all the new rules and regulations we must follow as we open up and the "new normal" begins. The stress-free days of going out and about are over and there are a lot of new things to consider as we leave our homes. We all have our own comfort levels and that's okay. Whenever I'm out and about I have a mask. If shopping, I pull up my mask. If walking around my block, I pull up my mask, say hi to the other walkers and go on my way.

I feel safe while still doing the things I love. I've been lucky enough to be able to visit with a couple of lodge friends (practicing safe distances, wearing masks, yet still we are together.) For me, till we get a vaccine, I know that the moments I am most at ease is when I am sitting out back on my patio,

surrounded by my plants while enjoying the fresh air, reading a book or talking on the phone with friends and family or learning something new from our SON website. Har du lært norsk? Har du kokt norsk? Har du sett på norske videoer?

If you have taken pictures of your adventures during this time send them so we can get them in the Viking Magazine. I hope we will get back to meeting in person in September but know we as a 3D Board are working behind the scenes to make our Tremendous Third better each and every day. Sons of Norway members are resilient, we are all in this together and we will persevere. So most importantly is to Stay Safe, Stay Well and Take Care of Each Other

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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

For District 3 events: www.3dsofn.org/calendar

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

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3D (Third District) ZONE 7 LODGES

Blå Fjell Lodge 3-646 meets in Salem, VA: Website www.sonsofnorwayblafjell.org
or Facebook www.facebook.com/SonsOfNorwayBlaFjell

Hampton Roads Lodge 3-522 meets in Virginia Beach, VA: Website www.hrson.org
or Facebook www.Facebook.com/hrsons

Norsk Carolina Lodge 3-679 meets in Charlotte, NC: Website www.norskcarolina.org
or Facebook www.Facebook.com/NorskCarolina

Norskevenner Lodge 3-678 meets in Roswell, GA: email sofnvennekretsen@gmail.com
or Facebook 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. There is no Facebook site.

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

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INTERNATIONAL NEWS links:

For Royal Norwegian Embassy in Washington: 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

For FULL LISTING OF EVENTS around the U.S.: 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

www.visitfinland.com

www.inspiredbyiceland.com

www.visitnorway.com

www.visitsweden.com

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For the Love of Norway!!

