



FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅ FJELL LODGE 3-646
December 2021 Newsletter

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
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: 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, 1:00-3:00 PM.
except when special events.

JULEFEST December 11, 2021 (early meeting date)
1-3 pm at College Lutheran Church
Above age 12 \$5.00; Age 3-12: \$3.00; 2 and under free.
Further detail is on page two.

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

MARK YOUR CALENDARS

Dec 11, 2021: Blå Fjell Lodge Julefest/St.Lucia. College Lutheran. Event co-chairs Cheri and Sharon.

(indented, italicized items indicate Blå Fjell non-meeting events we participate in on behalf of SON.

MEMBER NEWS

DECEMBER BIRTHDAYS

Cheri Johnson 12/8

Helene DeVries 12/23

PRAYERS

--for peace on earth, and good will to all men. Safe travel, good health to everyone over the holiday.

--of healing and comfort for members and their families who are struggling with illness.

--for Sharon's second cousin in Wing, North Dakota who passed away after entering hospital with severe COVID complications. He was 50 years old and left a wife and four young children.

WORDS OF WISDOM

From I Love My Norwegian Heritage facebook posting.



BLA FJELL LODGE JULEFEST

Saturday, December 11, 2021 1-3 PM

College Lutheran Church Fellowship Hall

St. Lucia children's procession, plenty of food, singing around the Juletree, Santa Claus.

Cost: above age 12 \$5.00; age 3-12 \$3.00, age 2 and below free.

RSVP by Dec. 8 to Sharon Rohrback (540) 774-0006; slrohrback@aol.com.

to volunteer at the event for setup and/or cleanup

to state how many are attending

to state the side dish you will provide (salad/vegetables especially needed)

No reservations are needed, but your information helps us plan seating required and food quantities.

Committed volunteers needed. There was considerable concern expressed regarding the setting up and cleaning up for this event. Past experience has been that there has been scarce help for these tasks; particularly for the clean-up when the same few people who came early to set up also had to do extensive clean up after everyone else has gone home. Therefore, we would like to have a **commitment** from those who sign up for these duties to **carry them out**.

PRESIDENT MESSAGE

WE WILL SEE YOU AT BLA FJELL JULEFEST, DECEMBER 11, 2021, 1-3 PM.

Details are above on page 2. **We especially want to stress that we need committed volunteers that day** for setup, greeting, and cleanup; many hands make light work. The lodge will provide beverages, lutefisk, potatoes, pork loin and salmon. Members bring a side dish to share.

Dec 13, 2021: St. Lucia Festival at St. Andrews cancelled due to COVID.

A hearty round of thanks to Cheri, Joann and Kathy for planning a wonderful Blå Fjell 25th Anniversary gathering. **And to** Lucy, Annita, and Robin for preparing a very interesting presentation on Norway, Denmark and Sweden wedding traditions at our November meeting.

Two requests for funds have been submitted prior to the end-of-December due date. For \$930.00 from SON International for the Lodge Vitality Grant, and \$100.00 from SON District 3 to offset Viking Day expenses for which we had receipts. A decision will be made in March 2022. Extra funds were available because COVID caused the cancellation of many events and SON is giving each lodge the opportunity to submit requests.

Sharon Rohrback and Cheri Johnson, co-Presidents

MINUTES OF November 2021 meeting

Meeting was called to order by our President Sharon Rohrback at 1:30. We met at College Lutheran Church in Salem. We had eight members in attendance. The three National Anthems were sung by members.

We discussed what side dish members will bring for our JULEFEST Celebration on December 11th. Cheri Johnson will call members that were not attending to see what they would like to bring. The fee of \$5.00 will be the contribution for the food.

Joann Barfield, Membership Secretary gave her report. Suggestions were made on how we can approach possible new members. We would like to reach a younger population with new advertising in newspapers and magazines, and family activities. The Lodge will be submitting a Lodge Vitality Grant request up to \$1,000 to SON Foundation to be used for increasing membership.

We discussed the idea of having an Alternate Contact Information list in the event we are unable to reach members by normal means. It would be strictly confidential and would not be published elsewhere. Members agreed that this list should be prepared.

Cheri Johnson, Treasurer, gave her report and it was approved. We discussed the possibility of giving a Worthy Cause donation of \$100 to a needy person. We also discussed giving Dirk Hansen a gift card honoring him for attending Viking Day which was approved

Our monthly program was on Norway, Danish and Swedish wedding traditions. This was presented by Lucy, Annita and Robin and was very interesting and enjoyed by all.

Meeting was closed with prayers at 3:15.

Marilyn Barrier, Secretary

MEMBERSHIP SECRETARY MESSAGE.

Good News from Sons of Norway International:

Through the end of October, we have reached a total of **62,489 members**. Our 2021 Recruitment campaign for lodges will end soon. Lodges have until December 13 to deliver paper enrollment forms with dues payments to headquarters. If you are signing up new members online, you have until December 30 to enter member information and the dues payment.

- It's been a challenging year to recruit new members with continuing COVID-19 restrictions. Special thanks to our recruiting members and lodge leaders! **We are well over our total 2021 goal of 8,200 members. You've welcomed 14,917 new members this year.**

(I believe these facts verify the value of our wonderful organization! Let's invite others to share in our Nordic experiences!)

Don't wait for people to be friendly, show them how. *

Henry James~ (from the internet)*

especially when talking about Sons of Norway!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

We wish you a happy and peaceful December. We'll be back in January with another enchanting program.

While you wait, this newsletter includes the November program information on Scandinavian wedding customs. Hope you enjoy reading about them.

Lucy and JoAnn

Lucy Hochstein and JoAnn Stephens-Forrest, co-Cultural Directors

ROANOKE COLLEGE PROFESSOR in JEOPARDY PROFESSORS TOURNAMENT 12/6-17.

(from Joann Barfield)

Dr. Gary Hollis, professor of chemistry at Roanoke College (and friend of some of us), will compete with professors across the country on the first-ever JEOPARDY! Professors Tournament. The tournament begins on Monday, December 6, and continues through Friday, December 17th.

THE CHILDREN'S CORNER
Icelandic Viking Day
November 12, 2021

BlaFjell Lodge has been celebrating the Icelandic Viking Day for 10 years at Faith Christian School in Roanoke, Va. This is the lodge's "Adopt a School" highlight of the year for 4th graders. Prior to the actual "Viking Day," the students learned a lot about these explorers. These activities were presented first by the teacher, Angie Wolpert and Cheri Johnson, who wrote and coordinated the program:

1. Read the book Leif the Lucky
2. Learn about Leif Eriksson with emphasis on him being a Christian
3. Color a picture of Leif
4. Make a paper ship with colorful designs
5. Learn to write in Runic on a piece of wood, wooden spoon, and paper
6. Design and color a 14' cardboard shield for a shield wall
7. Read the book First Born - Snorri Thorfinnsson about Gudrid, mother of Snorri, first baby born in North America
8. Create a costume to wear on Viking Day

On the morning of Viking Day, the head of school, Peter Baur, and Cheri Johnson greet the students in full costume. Then Viking Day begins. It is a culminating activity to a month's study of Icelandic Vikings. The emphasis has been on Leif Eriksson becoming a Christian and the culture of these Vikings. This is done by understanding their ships, travels, way of living, and storytelling adventures from Iceland, Greenland, and Newfoundland.

These activities happen on Viking Day:

1. Sons of Norway members arrive
2. Pictures are taken of Children in costume, shield wall, and Sons of Norway members
3. Everyone proceeds to a large room with exhibits on Norway, Longhouse Living, Ships and Voyages, and Story telling
4. SON members go to each table and present information already prepared and share items at the table
5. Children rotate to tables in groups of 4 for 20 min. each
6. After the sessions, children gather on the floor for a story of Puffins and information about these Icelandic seabirds

Then comes the party! The parents have prepared an authentic meal of Viking food served on woodenware. The children and SON members enjoy this treat. The meal consists of: Chicken Stew, Kissel, a berry drink, Berries, apples, and Cheese, and Viking Bread. Water is their drink. Then the SON members depart, the parents clean up, and the children go to recess to fight with their swords and shields.

This year was extra special because one of our members, Helen De Vries wanted to come help so the students made her cards for her 90th birthday! It was sweet! Dirk Hansen, our Zone Director, made the trip from Mrytle Beach to teach the children about Ships, Voyages, and Puffins That was special!

Many thanks to the Bla Fjell members who participated: Sharon Rohrback, Joann Barfield, Kathy Clark, Helene De Vries, and Marilyn Barrier. This Viking Day was created and organized by Cheri Johnson, our Children's Program Coordinator. Cheri made 3 trips to the school, prior to Viking Day, to teach about Leif Eriksson, Gudrid, and Runic Writing. Teamwork and Parents, along with administrative support made this all possible. It was an amazing experience for all.

Cheri Johnson, Children's Activities Coordinator

MEMBER MEMORIES

From Thor Jondahl: *(Sharon note: Thor is a SON member from Illinois who recently moved to Virginia. He and his wife both attended our lodge 25th Anniversary gathering.)*

Kjaere Sharon:

As you probably know here are some food items that would also be found on a Norwegian Christmas table: Ribbe, Middags Pulse, and Pinnekjott. Since my father immigrated from Drammen, Norway his family (which my mother adopted) would enjoy the Ribbe and Middags Pulse, which was washed down with Aquavit. Enjoy!

Thor Jondahl

formerly of Libertyville, IL

From Sharon Rohrback. Sunday Morning, Nov. 21, I woke up to a cloudy, cool day here in Roanoke. The gray sky felt like a "snow sky" promising at least a dusting of snow. Although it didn't happen in Roanoke, this was often a special feeling for me with the same type of weather (perhaps colder) as our extended family would gather for dinner on Thanksgiving or the following weekend. Farmers in the area had harvested their field corn and the fields showed just stubble, ideal for pheasant hunting which my father and others did. That kind of weather will always be a favorite of memory of mind. Once, however, after I moved to Roanoke, the Waterloo, Iowa area actually got a foot of snow on Thanksgiving Day.

NORDIC HISTORICAL ARTICLES

NORWEGIAN WEDDING TRADITIONS

(presented at November meeting by the Cultural Director team.)

The Engagement

- * families must approve of marriage first
- * couples wear rings on left hand
- * bride's family hosts a huge feast in their home to celebrate
- * groom gives bride many gifts
- * bride to be knits socks and mittens for fiance's entire family

The Wedding

- * similar to American weddings
- * long white dress and black tuxedo
- * some brides wear their bunads
- * married in a church or city hall
- * wedding couple decorate church with flowers
- * guests wear suits or bunads
- * Norwegian weddings smaller than American weddings
- * close friends and family invited
- * children not invited

The morning of the Wedding

- * groom comes to bride's house with clansmen
- * groom wears his bunad, white silk shirt, short pants, knee length socks, vest, and topcoat
- * bride's father offers beer when he arrives, groom asks father for his hand in marriage to his daughter
- * traditional brides wear their bunad
- * modern brides wear white or silver gowns
- * brides wear a crown of gold or silver laced with spoon-like bangles
- * the crown is to ward off evil spirits
- * the Lur- a traditional Norwegian horn-is sounded and then the front door is slammed twice
- * fiddlers lead the bride and groom down the road to the church and all others follow

The Wedding Procession

- * first the fiddlers, then the wedding couple, followed by the parents
- * last, family and friends
- * proceeding correctly is very important
- * usually only one bridesmaid, one groomsman, and a flower girl

The Norwegian Bridal Crown

- * this is a treasured family heirloom
- * made of silver or gold and attached to a veil
- * small spoon shaped bangles dangle around the crown
- * bangles or spoons make noise as the bride walks
- * the noise is to ward off evil spirits

The Wedding Ceremony

- * bride and groom exchange rings and wear them on the right hand
- * they exchange a kiss
- * when they leave the church, rye and barley grains are thrown at them

The Reception

- * after ceremony, everyone returns to the bride's home for a reception
- * a sit down dinner is served or there is a smorgasbord
- * usually lasts several hours
- * toasts are made by family and friends which bring on tears and laughter
- * if the groom leaves the room, the men will get up and kiss the bride and vice versa
- * bride and groom kiss any time a glass is clicked with a fork
- * gifts are presented at this time
- * the cake is cut and served
- * favorite cakes are blotcake, kransekake, almond cake, cheesecake, and chocolate cake

The Dance

- * bride and groom go first, others follow
- * night food is served after dancing - sausages, soups, and open face sandwiches

The End of the Revelry

- * the bride serves a piece of cheese soaked in honey and sprinkled with nuts to each guest
 - * the wedding couple stay the night in their bedroom at the bride's house
 - * in the morning, the groom gives his gifts to the bride, usually diamonds and gold jewelry
 - * he usually gives a Solje Crown Brooch, a watch, a trip, or something for their new home
 - * bride will also give a morning gift to her new husband
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Two MODERN NORWAY ARTICLES

1. NORWEGIAN CHRISTMAS TREE LIGHTING CEREMONY, WASHINGTON, D.C.

(Facebook posting from Norwegian Friends of North America, Anne grete Martinussen), shared by Sons of Norway, Gateway to Florida Lodge



The Norwegian Christmas tree lighting ceremony at Union Station is a holiday tradition in Washington, D.C. Norway presents a tree to the people of Washington to show its gratitude for the assistance of the United States during and after World War II and to recognize the continuing strong friendship between the two countries.

2. THE AMOUNT OF OMEGA 3 IN FARMED SALMON HALVED OVER THE LAST 15 YEARS, NORWEGIAN STUDY SHOWS

(Norway Today News article shared in Facebook posting from Sons of Norway District

POSTED BY: ROBIN-IVAN CAPAR 8. NOVEMBER 2021

In the last fifteen years, the level of marine omega 3 fatty acids in farmed salmon has been halved. Still, there's enough in one serving to cover people's daily needs.

The information was published by the Institute of Marine Research, which carried out a study to look at how the content of the most important nutrients in farmed salmon has developed in the last 15 years.

“Our results show that even though the content of marine omega-3 fatty acids more than halved, salmon still contains a lot of the important nutrient,” doctoral fellow Amalie Moxness Reksten stated in a press release.

Over the last fifteen years, farmed salmon have gone from eating feed with mainly marine ingredients to more vegetable ingredients such as soy, rapeseed, wheat, corn, and sunflower.

“Changes in the feed affect what the fish fillet that we eat contains,” Reksten said.

Notable reduction

“We saw the largest reduction in omega-3 from 2005 to 2011, while in recent years the levels have been relatively stable,” she noted.

On the other hand, the content of vitamin D has remained stable over time, while the content of vitamin B12 has increased slightly. The amount of iodine has dropped further. “Fatty fish contains little iodine, and this was confirmed by our study. In fact, the content of iodine has decreased slightly over time, and the farmed salmon has thus gone from containing little to containing even less iodine,” Reksten said.

RECIPE

(from Joann Barfield, with her personal comment.

UNIQUE ICELANDIC RECIPE

IN keeping with the ICELANDIC VIKING theme, I'm thinking of a unique Icelandic recipe. On our last trip to Iceland, when we were guests of one of my Icelandic cousins, who was hosting a large family gathering for us I experienced a rare situation .. while passing through the kitchen that afternoon, seeing Sigrun lift the cover of a large pot, I saw two eyes looking up at me .. no kidding!

The pot contained a unique sheepshead! Whole or halved sheepshead are considered a delicacy in many sheep-rearing countries, and Iceland is no exception. The heads are cleaved lengthwise, the brain removed, the wool and hair singed, and then they are boiled until tender, and served hot or cold, usually with mashed potatoes.

4 sheeps head halves, singed and cleaned

1 tablespoon salt

Place the sheeps heads in a large pan with the salt and cold water to cover. Bring to a boil, skim, and simmer for 1 hour, or until tender. Remove with a slotted spoon and serve hot or cold with mashed potatoes and rutabagas.

Unusual .. but delicious!

For more unique Icelandic recipes, see *Icelandic Food & Cookery* by Nanna Rognvaldardottir.

Joann Barfield

HUMOR -

Shared by Sharon from "I Love My Norwegian Heritage" Facebook posting. (Unable to copy the image).

**In Norway we have black Friday too.
Every Friday from October to February.**

DO YOU KNOW OF SOME LESS-WELL-KNOWN NORDIC SITES?

(tell us about them: having either visited them or heard of them from another source)

SONS OF NORWAY OFFICER ARTICLE(S)

DISTRICT 3 PRESIDENT's DECEMBER 2021 message

If you are feeling like me, you may be experiencing a sense of relief that this year is nearly over and that it is already December! This month is going to be filled with many lodge events and I hope to be able to enjoy some of them. As a person who loves good company and treats, this has to be one of my favorite times of the year. This is when we all get to enjoy our time with so many things. Holiday parties and events. Dinners with family and friends. shopping, cozy slippers, hot chocolate, and football—Go Eagles and Skol Vikings.

The elections should be over and your Lodge officers are organizing their boards for the new year for their role in supporting their lodge and the SON organization as a whole. Hopefully the new officers have the support of their lodge membership.

Our lodge leaders have done an amazing job all summer and fall keeping your lodge vital so please thank them! I am so thankful for all of the hard work this past 20 months! We are blessed to have such wonderful members in our Lodges and I hope you stay involved in your lodges. With new boards many lodges write goals to precisely define their desired results. Goals help to focus energies on a number of achievement areas. Adopting this practice is an effective and crucial tool for your board.

This is a fabulous month to give to those in need of assistance. These can be people of your own community, or even veterans in your hospitals, our 3D Charitable Trust, SON Foundation and the Alzheimer's Association. No matter what you do, you will be fulfilled by the fraternal spirit of our Sons of Norway.

Also, it is the time to try recruit new members to become part of our organization. The one way to bring attention to your lodge is to wear your lodge tee shirts or bring a banner when supporting a community event, it promotes lodge unity and increases our visibility in the community. The community understands the value your lodge provides and are committed to. When having your Jul celebration why not bring a friend and offer the cost of the meal with a membership. Other ideas abound- ask your lodge what might work for them

“A Candle loses nothing by lighting another candle. “ James Keller
I wish you a very Merry Christmas and happy new year with good health and safe travels for you and all your families during this blessed holiday season.

Ønsker Dere En God Jul Og Godt Nytt År
Fraternally, Kathy Dollymore

LINKS

TO THIRD DISTRICT, 3D ZONE 7 LODGES and INTERNATIONAL NEWS:

Third District Today news: www.3dsofn.org for all the news.

Third District Lite news: [expect this from 3-mail message](#)

Third District Events Calendar: www.3dsofn.org/newsletter/index.html

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

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

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 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: <http://scandinaviancelebrationmb/>

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.:
www.norway.org/calendar

TRAVEL INFORMATION FOR NORDIC COUNTRIES: (for free travel information, you now have to retrieve the information online. Now the information is only online. 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

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!

