



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

**NEXT MEETING --- SAVE THE DATE!!!**

**July 25, 2020, 1-3pm, at St. John Lutheran Church (detail on page 2)**

SUNSHINE CARDS: Joann Barfield for July.

Bring your stamps for TUBFRIM. No canned goods until we hear from Salem Food Pantry.

**MARK YOUR CALENDARS**

July 25, 2020: Meeting, 1-3pm at St. John Lutheran Church, 4608 Brambleton Avenue, Roanoke.

Program: SON 125 Anniversary activity; your favorite book; how you survived staying in.

Bring your items for the August 8 yard sale.

Aug 8, 2020 Yard Sale 8am-1pm. at Cheri Johnson's home. Set up Friday 9am-noon.

Aug 22, 2020 Meeting, 1-3pm at either College Lutheran Church or St. John Lutheran Church.

Program: SON 125th activity, those not in July mtg tell about one of your favorite books.

SEP 26, 2020 1-3pm at College Lutheran Church. SON 125th Anniversary GALA and Nordic sale  
 (not auction). Catered meal. Event chair: Cheri.

*Oct 9, Faith Christian School (Leif Eriksson Day pgm by Cheri only)*

Oct 24, 2020 Meeting 1-3pm at CLC. Business: Finalize officer nominees for Nov vote.

Program: Heritage Day. Event chair: Joann

*Nov 6, Viking Day at Faith Christian School (pgm by Cheri and 6 other members)*

Nov 21, 2020 Meeting 1-3pm at CLC. Business: Vote for officers for 2021-2022.

Program: Make and take ornament craft. Event chair: Kathy

*Dec 11, 2020 St. Lucia Concert at St. Andrew Catholic Church*

Dec 12, 2020 Julefest 1-3pm at CLC. Julefest Koffee Klatch and St. Lucia. Event chair: Sharon.

## MEMBER NEWS

**July Birthdays:** Ellen Hinlicky 7/1      Jan Helge Bohn 7/7      Lucy Hochstein 7/10  
 Vernon Ferguson 7/14      Joe Lindsoe 7/29

**Prayers and other news:** \_\_\_\_\_ Prayers that we all appreciate the freedoms we have, recognize the value of all human beings on this planet, and treat each other with respect and dignity.

### **JULY LODGE MEETING: Logistics and Direction**

(call Sharon Rohrback cell phone 540-521-1384 if lost; no one in office to answer church phone)

**At St. John Lutheran Church, 4608 Brambleton Avenue, SW Roanoke, in The Great Room.**

If you are comfortable coming in July, this will be indoors with the required six-foot distancing.

It has been a long time since we've been able to gather together and catch up on news and programs.

Three short programs: History of SON International (Cheri); Present Your Favorite Book (Kathy) and share what you did during COVID sheltering in place (all of us).

**FREE picnic-style meal paid for by the lodge.** Carryout chicken and biscuit from Bojangles; sides and dessert by Blå Fjell board. **Attendees do NOT have to bring food from home.** You can bring your own non-alcoholic drink if you wish; water will be available.

**DIRECTIONS:** starting from I-81 exit 141 for VA 419/ Electric Rd South.

Stay on Electric Road (419 South) about 8 miles to Brambleton Ave (Rte 121).

Turn RIGHT on to Brambleton Avenue.

Pass a fire station on your right, and stores on your left.

Pass a car wash on your right, and Kroger store on your left.

Go through the stoplight just past Kroger.

St. John Lutheran will be on your left, with a large parking lot.

Use the double-red doors to enter the church.

Turn left and go down the hallway a short way; turn right into Great Room.

### **LODGE PRESIDENT'S MESSAGE**

**HOPE YOU ALL HAD A HAPPY FOURTH OF JULY. BLESS OUR COUNTRY!**



Please remember to give me any prayer requests to immediately e-mail to members, or to include in the Member News section above

Hopefully, we can continue meeting with fewer or no restrictions. **Especially note very important August 8, August 22, and September 26 dates** on our lodge calendar.

Read the up-to-date information about the TUBFRIM program later in this newsletter. SON collects more than just postage stamps and gives guidelines for donating them.

Sharon Rohrback, President

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**VICE PRESIDENT/MEMBERSHIP DIRECTOR MESSAGE**

Undoubtedly, we all feel that we have had enough of this Social Isolation by now and are eager to resume some sort of Normal! We hope to do it at our July 25 meeting, with all the proper precautions being in place for ultimate safety and social distancing .. but it will be so good to see all of you again .. albeit with elbow-bumping replacing hugging!

With **three programs** on the agenda, including member participation, there will be **something for everyone!** and a **Free Meal**, to boot! We need to make up for some lost time, so we would encourage you to invite any prospective members that you may have discovered in the past few months; we will be reactivating our Membership Team, also, to replace several recent non-renewals.

At a recent Board meeting, our adjusted calendar for the balance of this year was discussed (see page 1), and we have several interesting and exciting events coming up that you won't want to miss! We are most thankful for the health and safety of all of our membership, as we continue on with our mission, for the Love of Norway!

Joann Barfield, Vice President/Membership Director

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**JUNE 2020 MEETING MINUTES - none.**

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**CULTURAL DIRECTOR MESSAGE**

Cheri Johnson, Cultural Director

Hi Everyone! 😊 Hope you are enjoying the warmth of the summer and staying safe. We are trying to gather back together safely. **Hope to see you at the next meeting on July 25** at St. John Lutheran Church on Brambleton Ave

**I am gathering items for the yard sale on August 8** and hope you will **bring me a bag/box of items at the next meeting (July 25)**. We only have 2 fund raisers this year because of the virus.

I think we can all find 10 items we don't need in our homes. Thank you for this contribution. 🙌

**The second fund raiser will be at our 125th Anniversary dinner on September 26.** We will have " the first ever" Nordic Sale! Everyone will bring items like we did for the past auctions with a price tag on them. **The items will be reasonable, but not cheap.** We will still buy each other's stuff, but we won't change the price. I have a nice sweater I am bringing for \$10, which is far below any store price. All the money will go towards Sons of Norway! This will be better for the situation we are in now.

So save up your yard sale items and put aside some nice Nordic items you want to part with, and look forward to some quality time together. I can't wait to see You!!! ❤️

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## GETTING TO KNOW YOU

### Karen Rice

*(Karen joined lodge October 2019. Her friends Mr. and Mrs. Rosengren visited our September 2019 meeting and shared about their trip to Norway and Sweden.)*

My name is Karen Yee Rice. My father's father was from China. His wife was from Eastern Europe. We think she was Polish. My mother's father was born in America and was taken back to China when he was 2 years old. He grew up and married in China. He returned to America in the mid 1920's as a young adult working in different states at a variety of jobs. He brought his bride, my grandmother to America in 1932. They settled in Chicago, Illinois.

Both of my parents were born, raised, and married in Chicago. I was born and grew up in the Chicago area. I attended Northern Illinois University in DeKalb, Illinois. In the late 1960's DeKalb was all farmland and barbed wire. While at NIU, I met my now lifelong friend, Judy Pierson who was of Norwegian descent. We were as different as City mouse and Country mouse. Her future husband, Randy Rosengren was of Swedish descent.

Getting to know my new friends and their families made me feel very comfortable as I enjoyed learning about Scandinavian culture and farm life. I also met my future husband, Scott at NIU. After graduation, we married and moved to Charlotte, North Carolina. My husband played in the Charlotte Symphony Orchestra. It was a time in the early 1970's there were no open teaching jobs within a 200-mile radius of Chicago. I was fortunate to get a teaching position in Charlotte where I enjoyed teaching grades K -2 for 31 years.

We raised 3 daughters, Kenna, Sarah and Joanna in Charlotte. Now, 40 plus years later we have 2 grandchildren. Our eldest, Kenna lives in Charlotte with her family. One of our twins, Sarah lives in Cary, NC with her family and the other twin, Joanna lives in Salem, VA. When it was time for us to retire from our jobs my husband chose to settle in Salem, Va. We brought my widowed mother with us and never looked back.

We joined College Lutheran Church. Our first winter at CLC I was helping with the Christmas parade and wore a hat with Viking horns on it. When asked why I was wearing it I answered I was a long-lost daughter of Norway. That was when I met the inviting and wonderful members of Blå Fjell. Recently one of our daughters gave us an Ancestry Kit. She wanted to know what to tell her son one day what his exact heritage was. Oh, my goodness... **The results came back from Ancestry, the expected Chinese and Eastern European. But I am also 1% Swedish.** When my friend from college heard my news, she said she always knew I was family.

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**MEMBER MEMORIES**  
**In 2014 from Cheri Johnson**

We traveled to Iceland 6 years ago and had such a great time together! I was researching Leif Eriksson and Don was fishing for Arctic Char. It was an amazing country with wonderful people, sights, and sounds. I hope you get a chance to visit this isolated island sometime! It is well worth it! This is cod in the grocery store.



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**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](mailto:mjghbarfield@gmail.com).)

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**TUBFRIM PROGRAM NEEDS YOUR USED STAMPS & PHONE CARDS.**

(updated input from the latest 2018 TUBFRIM pamphlet)

**Give your donation to Blå Fjell Lodge TUBFRIM program coordinator, Joann Barfield, who will mail our lodge collection to 3D TUBFRIM chair, Mr. Kjell Kittilsen in Brooklyn, NY.**

**Be sure to follow the guidance below, copied as worded in the updated pamphlet.**

**Never throw away canceled or used stamps and telephone cards.** Stamps and telephone cards from any country can be used. **Cut or tear the stamps off the envelopes, leaving a slight margin (approx. 1/2 inch) to keep the perforation intact.** Damaged stamps (damaged perforations, edges, etc.) are worthless and are to be thrown away.

**TUBFRIM is also happy to receive stamp collections, old envelopes, covers and postcards.** If envelopes, postcards etc. are more than 50 years old, send the whole envelope or postcard; do not cut off the stamp.

**The TUBFRIM program was 90 years old in 2018 and** is still going strong. Outside of Norway, the greatest collection takes place in the United States through the organization Sons of Norway. Postmaster Ditlef Frantzen in Nesbyen, Norway established TUBFRIM to collect and sell used stamps to aid in the eradication of tuberculosis in children. **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 the efforts to eradicate tuberculosis.

Article submitted by Sharon Rohrback, Lodge President

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## **CULTURAL ARTICLES**

(In this newsletter Cultural Section, I have included at least one item for all five of the Nordic countries: of Denmark, Finland, Iceland, Sweden, and Norway. Sharon)

### **DENMARK**

#### **The West Coast of Denmark Can Do Something Special**

**From a Facebook "I Love Denmark" posting.**

The West Coast in Denmark can do something special. The raw nature along the coast and the windling of the West Sea on a windy day. There are hiking trails along most of the west coast from Skagen to the German border and if you want to learn about Danish history, the West Coast is a very good starting point. The West Coast is filled with German bunkers that were part of the Atlantic violence. Today, museums are decorated in many of them who talk about everyday life during World War II. The pictures are from Hirtshals guy and Bunker Museum.



### **FINLAND**

#### **Finland Northern Lights.**

**From a Facebook "Bark Vines " posting. Also from <https://bucketlisthq.com/what-is-finland-known-for>.** Finland is not always on people's radar in terms of being a tourist destination; however, the fact that it is consistently rated one of the happiest countries in the world must count for a thing or two!

Finland is often ranked number one for being the happiest country in the world, as the Finns have high incomes, health care for all, and a top education system. Finland is famous for its stunning Lapland, the northern lights, Saunas, wife carrying, quirky food and for being the home of Santa Claus.



## ICELAND

### Blaine Icelandic Heritage Society (BIHS) image and blog link

**From a Facebook "The Icelandic League of the United States" post.**

(Joann Barfield, member, made this comment when I sent her a preview of this:

Thanks for sharing! Very interesting. Some members of my home congregation in North Dakota went to Blaine; in fact, their second pastor, Valdimar Eylands, came from Iceland as a young intern to pastor my home congregation in North Dakota, married a young daughter of our congregation, and later my mother lived and worked for that family and, in fact, accompanied the Eylands family to Blaine for a short time. It was Reverend Eylands who baptized me! He later became President of the Icelandic Lutheran Synod, headquartered in Winnipeg, Manitoba, Canada, and remained close to my Melankton Icelandic Lutheran Church throughout his lifetime.



The image is of "The Vigil", a bronze sculpture depicting Icelandic-Americans gazing out onto Drayton Harbor in Blaine, WA. BIHS is a small group of descendants of Icelandic immigrants who settled in Blaine and celebrate their Icelandic roots and passion for present-day Iceland. We are so pleased and proud to have them as founding members of the Icelandic National League of the United States. The group has done an incredible job of detailing Icelandic burials in their local cemetery, information listed on their website for those of you studying family history in that region.

Read the blog post, here, as well as to learn more about BIHS: <https://blaineicelanders.com/blog/>.

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## SWEDEN

### Mom Sharing Smorgasbord

Swedish Culture and Traditions Facebook posting 5/22/20 from Don Grossnickle.

What I miss most of my past Swedish American tradition is mom celebrating a gathering with her **smorgasbord**. Heartwarming. Thanks mom.



## NORWAY

### Famous SAMI People

From Life In Norway Facebook posting



--Aili Keskitalo (left single picture) is the current head of the Sami Parliament, a position she has held since 2017. This is her third term.

--Singer Mari Boine (right single picture) has been one of the mainstays on the Sami music scene in the last three decades. Boine is attached to the music genres yoik (a traditional form of Sámi song), folk, rock, and jazz. Some of her music speaks of what it feels like to be considered a minority and the majority's fear of them. To this end, she has also been a key figure in leading the fight against racism towards the Sami people.

Also, Samuel Johannesen Balto. Samuel Johannesen Balto was a Norwegian Sami adventurer and explorer. He was part of the Norwegian explorer Fridtjof Nansen's team that skied across Greenland in 1888–89. The Trans-Greenland tour was the first-recorded across the vast, frozen wilderness of Greenland.

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**HUMOR**

**Members are always welcome to submit something for this section.**

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**SONS OF NORWAY INTERNATIONAL (SON) HISTORY FOR 125 YEARS 1895-2020**

Text portion (not picture) of **JULY entries** copied from sofn.com Front Page Tab "125 Years" 1895-2020

**July 4, 1867:** Ole Draxten arrived in the US from Selbu, NO, with his family and infant son, Bersvend O. Draxten. Bersvend grew up to become a founding member of Sons of Norway, serving as its First Supreme President and acting as a pillar of the organization throughout his long lifetime.

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**THIRD DISTRICT PRESIDENT JULY 2020 MESSAGE**

**From Kathy Dollymore**

It is difficult to think of just the right words to write for my July President's letter. I don't think I could ever adequately express how I feel at this time...heartbroken, angry, scared, sad to name a few of the feelings that have come over me. Coronavirus is not the only issue we are dealing with, and it breaks my heart to see Minneapolis, a city where our SON Headquarters are, along with many staff members who we've learned to care about and love, deeply hurting so badly. It is time to have those difficult conversations that can help us move forward to fulfilling the promise of America.

We, here in the Philadelphia area, are finally at the yellow phase! And as with the rest of the states of the Third District with partial openings, not everyone is ready to venture out and about, take off their masks, eat out, go to the beach, and be in large crowds and that's okay. Everyone has their own comfort levels and has the right to be cautious. Do what's right for you and your family and what makes you feel safe and secure. This is a totally new world we live in now! Personally, I can't wait to try some outdoor dining at our local restaurants, but that may still be a ways down the road.

As we move away from quarantine, I wonder what new or rediscovered habits people found? I took the time to rekindle the love of reading classics like Agatha Christie's *Murder on the Orient Express*. I also found the SON website to be a wonderful way to brush up on Norwegian language. Sharing what we've been doing is a wonderful way to challenge other lodge members who want to push themselves and their fellow members to step outside of their comfort zones and try something different. I hope they inspire you to do the same! It doesn't have to be a big thing, but perhaps something small or something you've been meaning to do for weeks, months, or years. And if at first you don't succeed, try, try again! A great place to start is <https://www.sofn.com/website> and the cultural skills. And coming in August is the launch of the new electronic publication, Viking for Kids! So, look for that, too.

Stay safe, stay well and take care of each other

Kathy

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

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

For Sons of Norway E-Post: [sonsofnorway@sofn.com](mailto: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](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](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-Roswell-Georgia-NorskeVenner-Lodge-3-678](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: changed to Scandinavian  
Celebration Southern Star Lodge.

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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)

**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!!***

