



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

**July 2022**

**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 (except when special events.)

Fourth Saturday of each month, 1:00-3:00 PM

at College Lutheran Church, 210 South College Avenue, Salem, VA

**NEXT MEMBER Gathering: Social Event July 23, 2022 3-5 pm**

**Annual Picnic at home of Joann Barfield**

**Program: socializing**

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.

CLC means College Lutheran Church.

**7/23/22 3-5pm: Lodge Picnic at Joann Barfield's home. Directions below. Food: all**

August: month off

9/24/22 1-3 at CLC **Nordic auction/bake sale/yard sale** Snack Karen; Bev'age Sharon:

10/22/22 1-3 Anniv (26th) mtg at restaurant: Time/Place tbd Each pays own meal.

Announce Candidates for Nov election

11/19/22 1-3pm at CLC. Election of Officers for 2023-2024. Snack Cheri: Bev'age ???

**12/10/22 1-3pm at CLC. JULEFEST (full meal)** Food: all; St. Lucia procession

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## MEMBER NEWS

### July Birthdays

Jan Helge Bohn .. July 7                  Vernon Neil Ferguson .. July 14  
 Ellen Irene Hinlicky .. July 1        Lucy Edwards Hochstein .. July 10  
 Joe T. Lindsoe .. July 29

### Prayers

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## DIRECTIONS TO PICNIC AT JOANN BARFIELD HOME

### THE UPCOMING PICNIC IS A GOOD TIME TO BRING FAMILY/FRIENDS TO GET TO KNOW US!!

From the red light at the intersection of West Main Street and I-81 exit, continue on West Main Street for about 2.5 miles, to the third red light at the corner of MEDECO, on the right, continue for about one block to the main entrance to Richfield, turn right and continue past the Lower Lake and the Health Center on the right and Ridgecrest Apartments on the left, with Knollwood Apartments straight ahead, BUT turn right at Bredlow Circle to four cottages; the Barfield Cottage is the third .. with the Norsk flag on the mailbox . (if lost, call 380-2926) parking in driveway, on lawn, across street, or around the corner, behind Knollwood .. Velkommen!

There will be available for the taking several issues of the NORWEGIAN-AMERICAN newspaper, the oldest Norwegian newspaper in America .. if you haven't read any of their issues, please take this opportunity to do so .. it usually contains very interesting Norsk news from both this country and Norway, not only current events but also historical and "people news" .. take one or two issues home with you .. then pass it along to another member at the next meeting .. "for the Love of NORWAY"

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## WORDS OF WISDOM

"Working together is the secret to success" Icelandic Roots

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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 in most cases we will provide the links instead of printing the full articles. Sharon Rohrback, Editor)

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## PRESIDENT MESSAGE

**Bill Browning of Vennekretsen Lodge in Atlanta is our new Zone 7 Director, effective with installation on June 22, 2022.** New 3D President is Stephen Helmold (Norden Lodge) and new 3D secretary is Karen Olsen-Helmold (Norden Lodge).

**Happy July to all of our Bla Fjell members and friends.** We are excited because we have had 2 successful fundraisers this year. Our meeting in June had 15 people in attendance, and the presentation on "Identity Theft" by Lucy Hochstein was excellent. She gave us lots of good information and several handouts. We also had 4 guests which was very exciting. We have a new member, Annmarie Drake, who found us at Local Colors, and she will be a very nice addition to our Lodge because she sews, was a ballerina, has several Norwegian ballet costumes, and was very pleasant to chat with at our meeting. Welcome Annmarie! We also had our scholarship recipient, Gabrielle "Brie" Olson and her father, Erik Olson, from Forest, VA. She told us about her scholarship, the amount awarded, and the college she will be attending in the fall. They sounded excited to come to our Julefest in December! Our

third guest, Amanda Zwart, was a young lady who moved here from Minnesota, is attending Joann and Kathy's church, and is interested in our organization! All in all, it was a delightful meeting, with very good food from Helene and her friend Ray.

Our next get together will be our Annual Picnic at Joann's place on July 23. Everyone brings food and we have lots of time to visit and have fun. Hope to see you there!

We do not meet in August.

submitted by Cheri Johnson and Sharon Rohrback, co-Presidents

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**\*\*\*\*\*NOMINATING COMMITTEE MESSAGE\*\*\*\*\***

**WE NEED CANDIDATES TO FILL POSITIONS FOR two-year term 2023 and 2024. Election will be at the November meeting. Please volunteer to take a leadership role. We want to give everyone an opportunity to participate. Sharon will be phoning members who have not responded.**

Contact: Sharon Rohrback (email [slrohrback@aol.com](mailto:slrohrback@aol.com), cell phone 540-521-1384) or

Karen Rice (email [karl3ster@gmail.com](mailto:karl3ster@gmail.com), phone 540-597-9807)

Anyone who wants to nominate themselves to a position or take themselves out of a position they don't want, or create a position not mentioned below should contact Sharon or Karen.

Positions are President, Vice President, Treasurer, Corresponding Secretary, Recording Secretary, Membership Secretary, Editor, Cultural Director, Foundation Director, Website Administrator, Facebook Administrator, Fraternal Gives database administrator, Director of Children's Activities.

Note: because of Sharon's plan to move to Iowa by Fall 2023, she will not be a candidate for any positions.

submitted by Sharon Rohrback and Karen Rice

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**MINUTES OF JUNE 2022 MEETING**

Social and snack time started at 1:15. SON Lodge Meeting was called to order by Co. President Cheri Johnson at 1:30. Eleven members and four guests were in attendance. Announcements were made:

Cheri Johnson presented information on our two fund raisers so far this year. Local Colors and our Two-Day Garage Sale were both very successful. Our third fund raiser will take place at our September Meeting which will be a Nordic Auction and Bake Sale. Our Election Committee, Karen Rice and Cheri Johnson presented all positions available to our members for the upcoming election in November. Installation to take place in early 2023.

Pledge and anthems were sung. Secretary Minutes for April were approved. There was not a meeting in May. Treasury Report was given by Cheri Johnson and approved.

Membership Chairman Joann Barfield introduced new member Annmarie Drake. She also introduced a college scholarship recipient Gabrielle "Brie" Olson and her father Erik Olson from Forest, Virginia. Gabrielle is pursuing a career in the medical field. She explained her process in obtaining the one-year scholarship and thanked everyone

Joann Barfield also gave a brief report as a virtual delegate for the District 3 Convention. President Sharon Rohrback also attended the virtual event.

Joann also stated new advertising for new members are in the works.

Our program was presented by Lucy Hochstein. She gave a very informative presentation on Identity Theft, along with many handouts. Her program was followed by a question-and-answer segment. Meeting was adjourned at 3:15.

Respectfully submitted by Marilyn Barrier, Recording Secretary.

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**MEMBERSHIP SECRETARY MESSAGE.**

If any of you wonder what happens to all those stamps you've collected, **I recently mailed a 5-1/2-pound box of them to our Tubfrom Coordinator!**

Joann Barfield, Membership Secretary

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**REPORT OF THE THIRD DISTRICT CONVENTION**

Sharon and I, as virtual delegates to the 3D Convention on June 17-18, attended by Zoom, Saturday 8 AM - 5 PM, and Sunday 8 AM - 12 Noon (with breaks for coffee and lunch). I enjoyed seeing and hearing in person people that had been known only by name in correspondence, and I had a new appreciation for the workings of the larger organization that is so dear to our hearts. The business conducted was an accumulation of the past four years, due to suspended meetings during the pandemic.

There were a large number of resolutions (19) that took the majority of time, mainly relating to the business of District 3: officers and duties, Charitable Trust Trustees, new position of Fraternal and Foundation Director, compensation of District officers, etc. (For anyone interested in seeing the list of resolutions, I have it available)

The election for 3D Board members passed by acclamation, including Bill Browning, President; Dirk Hansen, Foundation Director; International Director Kathy Dollymore. Seventeen members were nominated for International Delegate; four dropped out because of lack of Sons of Norway insurance but may be added before the International Convention.

It was sad to hear of the closing of 100-year-old Nordkap Lounge; they donated a large amount of funds to the Charitable Giving Group. This experience made me aware that we need to expand our knowledge of the benefits of this Group. We should also make a renewed effort toward inter-Lodge communication and visitation.

Joann Barfield

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**CULTURAL DIRECTOR MESSAGE**

Looking forward to our next regular member meeting in September. I (Jo Forrest) am doing the cultural program from my trip to the Sami Cultural Center in Duluth, MN

Lucy Hochstein and JoAnn Stephens-Forrest, co-directors

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**DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE**

The Children's committee which consists of Cheri Johnson and Becky Burnett will meet this summer to put together some children's activities in a zip lock bag. We only have a few children at Julefest, but this would be a great opportunity to use the bags. Each bag will have crayons, colored pencils, pencils, and paper activities to do relating to Vikings, Christmas, famous holidays, and easy recipes to take home. We will keep these zip lock bags in the closet for future use. It will be fun, and I am happy to do this project with Becky this summer. Our meetings are always open to children.

Cheri Johnson, Director of Children's Activities

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**SHORT ARTICLES/LINKS of interest.**

1. From Sharon Rohrback: copied from Facebook posting. Link  
<https://royalcentral.co.uk/europe/norway/norways-parliament-votes-over-the-abolishment-of-the-monarchy>
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**RECIPE Finska Pinnar (Finnish Sticks)**

From Kathy Clark

This is a classic cookie served at special events.

1/2 cup blanched almonds (grind finely in a food processor)

10 tablespoons unsalted butter at room temp.

1/3 cup granulated sugar

1 1/2 cups all purpose flour

Topping

1/4 teaspoon almond extract

1 egg, beaten

pearl sugar or chopped almonds

In a large bowl, cream together butter and sugar until well blended. Add flour, ground almonds and almond flavoring. Work together with your hands until you can make a ball ( if necessary, add 1 tsp water to bind the dough together.

Divide the dough into 4 equal parts and roll out to 4 inches long. Wrap in plastic and let sit in the fridge for 30 minutes. Roll each log to 20 inches and about 1/2 inch in diameter. you can sprinkle a little flour down before rolling them out. Cut into 10 even pieces.

Place the cookies on a greased baking sheet. Carefully brush each cookie with the beaten egg and sprinkle sugar and almonds on top of each one.

Bake in a preheated 350 degree oven for 10 to 12 minutes until golden brown. Remove from oven and place on the counter without the sides touching or else they will get soft. Store in an airtight container or freeze.

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**HUMOR**

Shared by Sharon Rohrback



## 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)

### **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-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:

//<http://scandinaviancelebrationmb/>

### **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:** (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)

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

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

