



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

March 28, 2020 meeting cancelled due to COVID-19 Virus - no reschedule date.
College Lutheran Church is closing access until April 1, 2020

Program: All About Sons of Norway International

Refreshments: Snack: Sharon Rohrback Drinks: Karen Rice

Sunshine cards: Board members and anyone else interested. Will pass a signup list.

Remember to bring your canned goods and Tubfrim donations!

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MARK YOUR CALENDARS

BLÅ FJELL LODGE

Mar 28, 2020 Meeting at CLC 1-3pm. Cancelled due to COVID-19 virus.

Program was to be All about SON (Sons of Norway International)

Apr 25, 2020 Meeting at CLC 1-3pm. Program: Bring Your Favorite Book

May 9, Manassas Virginia Annual Viking Festival (Cheri participates)

May 2, 2020 7am-2pm. Spring Yard Sale at home of Cheri Johnson.

May 16, 2020 Local Colors Festival in Roanoke, 9am-5pm. In lieu of regular meeting.

Jun 27, 2020 Meeting at CLC 1-3pm. Movie month: Frozen II

July 25, 2020 Picnic at Smith Mountain Lake home of Larry Norman

Aug 22 - month off.

Sep 26, 2020 Meeting at CLC 1-3pm Program: Viking Auction

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

Oct 24, 2020 SON 125th Anniversary Gala and BlaFjell 24th Anniv at CLC 1-3 pm.

Nov 6, 2020 Viking Day at Faith Christian School (pgm by Cheri and 6 other Bla Fjell members)

Nov 21, 2020 Meeting at CLC 1-3pm. Program: Heritage. Vote on new officers for 2021-2022.

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

Dec 12, 2020 Julefest Nordic Feast at CLC 1-3pm.

THIRD DISTRICT AND/OR ZONE 7 LODGE EVENTS

June 5-8, 2020: D-3 Convention in Jacksonville, Florida. See Zone7 Director message on pp 2-3 to consider being a Blå Fjell convention delegate.

MEMBER NEWS

Gratuler Med Dagen - March birthdays:

Anne Hoose 3/10 Ed Wold 3/16

PRESIDENT'S MESSAGE

WXFR Local TV Station ran a segment highlighting Sons of Norway and Bla Fjell Lodge, on Monday, 3/9, 8:00 am. Thank you, Cheri, for representing us and thank you, Marilyn, for obtaining the radio station point of contact for us. See picture in Cultural Director Article below.

Congratulations to Helene DeVries and Joann Barfield on receiving Bla Fjell Lodge's new member recruitment recognition for year 2019. Members are eligible for these awards if their membership number was entered on the "Membership Referred by" line on at least one new member's paper or online enrollment form in 2019.

Thank you to Arne and Becky Olsen for the wonderful gift of lefse-grill, waffle iron, and many cookbooks. They are charter members, Arne a Past President, Becky a longtime Treasurer. They recently downsized to move to a retirement facility in Lynchburg.

Local Colors Festival Volunteers Needed. For Saturday, May 16. It can get crowded, so we plan to have no more than 4 volunteers for each 2-hour shift. I will pass around a sign-up sheet. Also let Sharon Rohrback know what you will provide for sale: baked goods/Jelly/Jam, Nordic books, and/or Nordic artifacts.

Two Grants Approved for Blafjell Lodge. Anyone purchasing items to do these should keep your receipts. If we make any money on any of these events we will have to refund some of this money. Thanks to Cheri and Joann for submitting these grant requests.

1) SON Int'l Foundation approved \$500.00 Cultural and Heritage Grant for our participation in May Local Colors. This will help the site registration and table rental; and will also cover other preparation costs such as poster material, xerox handouts, children's table informational/craft items which we usually paid out of pocket

2) Third District Foundation approved \$500.00 Helping Hands to Children from Fraternal Funds for our participation in children-oriented events each year: four events at our Adopted School, the Manassas Viking Festival, and the St. Lucia procession at St. Andrews St. Lucia concert. Thank you, Cheri, for coordinating these events.

Sharon Rohrback, President

VICE PRESIDENT/MEMBERSHIP DIRECTOR MESSAGE

Spring is about to be sprung, time for us to awake from our Winter Doldrums and get busy with our many programs!

First, our best wishes to Kathy Clark on her successful knee replacement surgery on February 4 and Rehabilitation at The Glebe until March 13 .. as of Friday, the 13th, she will be home, confined to home (unable to drive), welcoming visitors! We look forward to her being back with us soon ..

The Membership and Local Colors Teams have been active, with several new activities .. increased publicity for membership recruitment and more specific organization for Local Colors, with the assistance of the \$500 grant from Sons of Norway International .. many thanks to those active team members, especially to Marilyn Barrier for securing an interview on Sons of Norway on WFXR-TV on Monday, March 9, and to Cheri Johnson for appearing on the interview with Host Kiana Price.

The launch of the Book Study on "From Scandinavian Shores" will be postponed to mid-April; that meeting to be announced later. Our Community Service Projects continue, with the addition of the Visitation Program to Nursing Homes, which was well received at the February meeting and is proceeding well.

Just a reminder that it is not too late to sign up to participate in upcoming activities and **enjoy the benefits of full participation in your Blafjell Lodge!** Be sure to attend the March meeting and learn about the rich history of this wonderful organization, so that we may have a greater appreciation of what it is and what it does! Also, don't miss reading "What I Like about Sons of Norway" from President

Would you like to write about your Sons of Norway experience for the April newsletter? If so, contact Sharon Rohrback.

Joann Barfield, Vice President/Membership Director

FEBRUARY MEETING MINUTES

The monthly meeting of Blafjell 3-646 was held on Saturday, February 22, at College Lutheran Church in Salem, with twelve members and three guests present. President Sharon Rohrback opened the meeting with the singing of the three national anthems of Norway, Canada, and the United States, and she welcomed the guests present.

Sharon reported on the progress of Secretary Kathy Clark, who is in rehab at The Glebe following knee replacement. She also reported on the receipt of a gift of cooking equipment from Arne and Becky Olsen (charter members of the Lodge, Arne a Past President, Becky a longtime Treasurer), recently downsized to move to a retirement community. Mange Tusen Takk, Arne and Becky! Sharon also thanked the membership for sympathy cards and messages received upon the death of her father.

The Treasurer's Report given by Cheri Johnson showed no activity during the past month, with the checkbook balance remaining the same. Cheri reminded members to contribute to the Worthy Cause purse, which last year produced an amount of \$209.00 presented to a young child in the Richfield community.

Joann Barfield reported that the Membership Team has been active, with members contacting various resources for publicity of monthly meetings. Gail Ofte Atha volunteered to serve on the Membership Team. Todd Solberg suggested placing meeting announcements online at nextthreedays.com, Joann will follow up.

Members were also reminded of the letter they receive from Eivind Heiberg, SON CEO, upon membership renewal, with attached Membership Invitation to be given to prospective members, thereby allowing every member to participate in recruitment. Colorful and attractive SON buttons were distributed to advertise Sons of Norway, and the Membership Director follows up with members in danger of lapsing.

Joann spoke on the launching of a new Community Service project, Visitations to Nursing Homes; an information sheet with record-keeping was distributed to members, along with endorsements of the project received from Zone 7 Director Dirk Hansen and Third District President, Kathy Dollymore. Sharon reminded the membership of the importance of reporting to Fraternal Gives for the purpose of maintaining our tax-exempt status.

Sharon distributed sign-up sheets for refreshments and for the Local Colors Team.

Joann proposed a Book Study on "From Scandinavian Shores" by J. B. Hove (who is a relative of Kathy Clark), which includes very early history of the Nordic countries. Six members indicated interest in the study; Joann will follow up.

There being no further business, the meeting was adjourned. Walter Sandberg introduced Nancy Brossoie, Ph. D. Senior Research Scientist at the Center for Gerontology at Virginia Tech, who presented a program of very interesting information on Alzheimer's Disease.

Joann Barfield, Secretary Pro-Tem

CULTURAL DIRECTOR MESSAGE

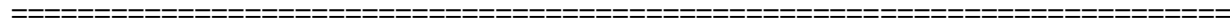
1. March 9, 2020: TELEVISION INTERVIEW WITH WXFR

Having a television interview is like "15 minutes of fame!" Last Monday, I gave a television interview on Loving Living Local--channel 26---WXFR with Kiana Price.

Getting ready to do it took hours of preparation. The actual TV experience was 4 minutes! Here were the questions I submitted to the TV station.

- * What is the SONS of NORWAY?
- * Why is this year so important?
- * What activities do you participant in during the year?
- * What school have you adopted?
- * What is your focus this year?
- * How can people contact SON?

I am truly grateful for the opportunity to have done this in my life - a one-time experience. Thanks to Marilyn for contacting the station and Joann for advice!! .



2. DO NORWEGIANS CELEBRATE ST. PATRICK'S DAY

Yes! Especially in Oslo where they have the St. Patrick's Day Fringe Festival and parade.

Why are Norwegians interested in St. Patrick?

**Vikings and Norse raiders from Norway colonized parts of Scotland, Ireland, Shetland Islands, Orkney Islands, Inner Hebrides, Isle of Man in the Irish Sea.

**6 large cities in Ireland were built as Viking settlements: Dublin, Cork, Limerick, Howth, Wexford, Fingall, and York.

**The Vikings pillaged towns and took men and women as slaves. Some took them back to Norway Others took them to Iceland.

**Ireland was Christian from 400AD by way of St. Patrick. Norway became Christian in 995 by King Olaf Tryggvason in Trondheim

**In Iceland, 20% of males, and 63% of females have Irish DNA.

**11% of Danish people carry a gene for red hair. Danish Vikings conquered NE England and Northern France. They took people and made them slaves/servants.

**Red hair, green eyes, and freckles have found their way into Norway by strawberry blond hair.

**Irish people have far more Viking DNA than was suspected.

So today when you raise your green beer to toast St. Patrick, be sure to toast Norway!

Submitted by Cheri Johnson, Cultural Director

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WHAT I LIKE ABOUT SONS OF NORWAY (SON) INTERNATIONAL

From Sharon Rohrback

(Various members can volunteer to put their own statement in our monthly newsletters)

I joined Bla Fjell lodge in 2006, after moving to Roanoke in 2005 and noticing the small article in the free Senior Living News placed in kiosks around the area. I knew very little about my own Norwegian heritage, let alone the other Nordic countries. I was not at all familiar with Sons of Norway International or the local lodge.

I am impressed with SON's offerings of insurance and cultural news available for use in programs. I have found all my contacts with SON, especially District 3, to be friendly and efficient. I have attended one Third District Convention and enjoyed the camaraderie of people with similar interests. The required business sessions were professionally run.

But it is at the Blå Fjell lodge level that I most enjoy Sons of Norway. As soon as I came to the first lodge meeting, everyone greeted me warmly and that acceptance of all has continued throught the years.

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LAND OF THE VIKINGS (LOV) RAFFLE TICKETS FOR SALE

Purchase from Sharon Rohrback before APRIL 30, 2020.

Bla Fjell lodge received ten books of 3 raffle tickets each from District 3, Land of the Vikings (LOV). This raffle is being run so LOV, closing July 31, 2020, can end "in the black".

I'll display a flyer with the prize pictures at March and April meetings.

\$2.00 each or 3 for \$5.00.

Checks payable to LOV/LTD.

Return your check to Sharon Rohrback

at the March or April lodge meeting, or by mail

to Sharon Rohrback, 4420 Belford St SW, Roanoke, VA 24018.

PRIZES:

Two pieces crafted by Jorgen Fidje.

First prize: Wooden Viking Ship with a bounty of Liquor, including Dewar's White Label scotch, LOV Vodka, Lysholm Linie Acquavit, Ascott XO Brandy, Moet Chandon Champagne, Drambui, Wild Turkey Bourbon, Prosecco, Irish Mist and Firefly Sweet Tea Vodka.

Second prize: a Handcrafted Stabbur, a wooden miniature cottage type building.

ADDITION TO BLÅ FJELL LODGE LIBRARY

Norwegian Folk Tales: (35 Norske Folkeeventyr) collected by Peter Asbornsen and Jorgen Moe.

Asbjørnsen, a teacher, and Moe, a minister, had been friends for about 15 years when in 1843 they published the first volume of folktales. In 1874, the first illustrated version came out in 1879 with drawings by Erik Werenskiold, and in 1879 the second edition with drawings also by Theodor Kittelson. Translated by Pat Shaw and Carl Norman. A quote from the introduction: "Near the middle of the nineteenth century scholars began discovering rich native tradition that had lain fallow and almost forgotten during the years of foreign cultural influence." Among the Norwegian scholars, Asbornsen and Moe had the most extensive collection.

Kathy Clark had suggested this book, while preparing her program for the October 2019 meeting. The book is now in our library at College Lutheran Church.

From Sharon Rohrback, Librarian

CULTURAL ARTICLES

Anniversary of Operation Gunnerside, 1943, in Rjukan

77 years ago, a daring Norwegian commando raid kept the Nazis from building the atomic bomb first. Shared on Facebook. From Timothy J. Jorgensen, The Conversation. Feb 28, 2020 EST.



The Vermark chemical plant that was Norwegian saboteurs' target during Operation Gunnerside in 1943 (Wikimedia Commons/Flickr/Rjukan)

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Ten Cleanest Cities Around the World. (including two Scandinavian)

Joann Barfield shared this information in an e-mail.

On www.thediscoverer.com/blog/10-cleanest-cities-around-the-world.

In some of the more progressive places on the planet, proactive civic planners have taken proper precautions to keep their cities in shape. They have logically concluded that in order to be a clean city, you first have to solve the problems that lead to unsanitary, unhealthy living conditions that contribute to poor health and lower overall quality of life. Getting out in front of those issues means having proper waste management and recycling systems, access to clean and abundant water, and a public transportation infrastructure that supports a lower carbon footprint and improved air quality. Here are 10 of the cleanest cities around the world that are paving the way for the future

Reykjavik, Iceland and Copenhagen, Denmark.

The other cities were Vancouver, Canada; Cape Town, South Africa; Portland, Oregon; Singapore; Adelaide, Australia; Zurich, Switzerland; Luxembourg City, Luxembourg and Calgary, Canada.

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Camp Adventure near Copenhagen, Denmark

Posted on 2019/08/3 By John Vibes / Truth Theory

An incredible and creatively designed nature observatory called Camp Adventure is located about one hour south of Copenhagen, Denmark, in the preserved forest of Gissfeldt Klosters Skove.

A sturdy walking bridge, nearly 3000 feet long, was built to wind through the forest until the path eventually ends at the foot of 148 foot tall observation tower. The observation tower looks like a spiral ramp that stretches above the trees.

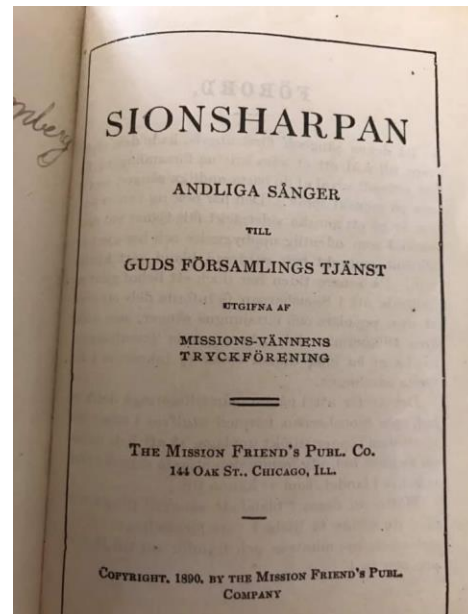
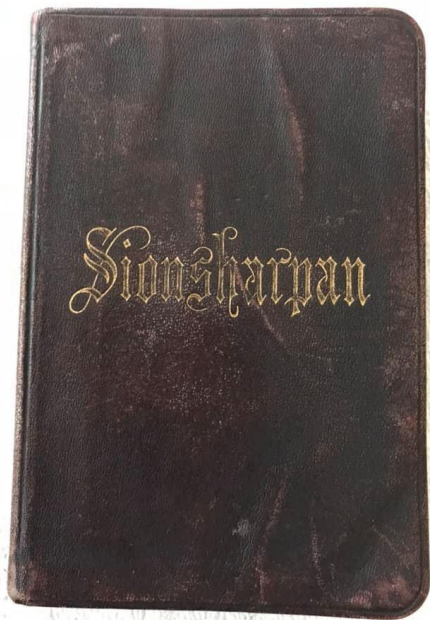
Pictures Follow.



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Query posted Feb. 26, 2020 to the "Swedish Heritage and Traditions " site.
Some of the comments from responders are printed below the picture.

The Query (I chose not to show requestor's name. Sharon): "This was my great, great grandmother's book. She was born in Sweden and immigrated in 1893 to Scandia, Pa. Can anyone translate the name of this book? I'm thinking it's a devotional book."



LEFT: THE SONG BOOK:

--The song book that was in the Covenant Church in Boston and Evanston Illinois was Sionsbason(spelling). It was used for Swedish services that were still held periodically. Some of the hymns were translated into English and were in the English hymn books still used.

--it translates to "homeland songs"

--As someone said, a hymn book of spiritual songs. Probably contains the hymn lyrics without the musical score. It was published by the Missions-Vännens Press in Chicago. The Missions-Vännens was a Swedish language missions newsletter published monthly, if I recall correctly. My dad subscribed to this and wrote at least one devotional article for it. This was in the 50s.

RIGHT: The MISSIONS VANNEN Paper.

--About the Missions-Vannen paper my grandfather was one of the writers for that when he came to Chicago from Sweden. We found a picture of him and other Swedes outside the place on Clark St. Chicago that was posted in the Emigrant museum in Vaxjo Sweden when we were there in the 90's and my parents subscribed to it in the 1940's.

MESSAGE FROM THIRD DISTRICT PRESIDENT

Fra Presidenten, Kathy Dollymore

MARCH 2020

First let me add my compliments to all the new and returning officers. You all are to be commended for accepting the responsibility for your lodges. Congratulations on your achievement and being a good model for people around you. March is the month that we see nature preparing to change. Daily we see Winter's last hoorah fighting Springs rebirth. There are also deadlines that become due at this time of year. This means it's time to act. March 1st is the deadline for each lodge requirement to submit their AFA (American Fraternal Alliance) Lodge activity report. Please do not take this form lightly, for it ensures that the order of Sons of Norway will keep it's not for profit status. Coincidentally, this is also the time of year to complete your lodge Achievement form, which is used to help select the Lodge of the year and the Family lodge of the year. No matter the size of your membership, filling out this form is a good way to see how much you have accomplished over the year! Using the Lodge achievement form is also a great recruitment tool. It shows perspective members what your lodge does within the community and entices them to join. Demonstrating to a new person in your lodge that we have a lot of fun, is what will get people interested. When you bring a new person to a meeting, it is important that the Lodge show the new member the value in what you have to offer. Creating positive first impressions and the likelihood of creating a deeper connection to your lodge is worth every drop of energy. So, keep up the good work.

It is hard to believe that our 3D Convention is only a little over three months away. Coming up in June it will be held in Jacksonville. Delegates have been chosen to represent each lodge, resolutions are in the process of being assembled, and caucuses are soon to be organized. This is a great year to attend the Convention while we celebrate 125 years as Sons of Norway Organization. If you are thinking of traveling in June think of Jacksonville and come to the celebration. With that said, I would like to remind you to notify the District Secretary the names of your delegates. This is the lodge's opportunity to participate in district business. Delegates can meet and greet members from around the District. The delegate reporting form and list with the individual lodge delegate counts have been sent to the lodge presidents and secretaries. Please access the District website/convention information 3dsofn.org for more details on the delegate and non-delegate rates and information on how to add your lodge to the convention journal.

**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 Land of Viking (LOV) camp and conference center in Pennsylvania: www.3dsofn.org/lov
or www.Landofthevikings.org

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
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

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!

