



# SONS OF NORWAY

**FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅFJELL LODGE 3-646**  
**March 2018**

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**Treasurer: Cheri Johnson 540-989-6330**  
**Editor: Robin Lambert 540-904-1817**  
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Blåfjell's website: [sonsofnorwayblafjell.org](http://sonsofnorwayblafjell.org)  
Facebook group: <http://www.facebook.com/SonsOfNorwayBlafjell>

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**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.

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**Regularly scheduled meetings:**

Fourth Saturday of each month, **1:00 PM**,  
College Lutheran Church, 210 South College Avenue, Salem  
(Except for special events)

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**NEXT MEETING:**  
**SATURDAY, MARCH 24, 1-3 PM**  
**COLLEGE LUTHERAN CHURCH**

**Program: "All About Denmark"**  
**with our favorite Danish refreshments ..**  
**presented by Cheri Johnson, Larry Norman, & Lucy Hochstein ..**  
**Heritage Memories: Georgia Carr**  
**Sunshine Cards: Helene DeVries**

**Remember to bring your canned goods donations and Tubfrim stamps!**

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**BLÅFJELL CO- PRESIDENTS' MESSAGE:**

Along with our recent Monthly Activity Report, Dirk Hanson, our District 3, Zone 7 Director, writes:

"Greetings ladies. Congratulations on a great year in 2017. Your lodge was #2 in membership gain in all of District 3 and #7 in all of Sons of Norway. Your hard work was instrumental in making our Zone 7 the #1 zone in all of Sons of Norway in membership gain for 2017." Let's keep the good work and the good attendance going!

Our February meeting attendance broke records for recent years! Along with a program "all about Denmark", we have some important business to conduct;: See, later in this newsletter, Sharon's call for participation in our major fundraiser of Local Colors in May and the Call for Delegates to the 3rd District Convention in June; please consider your response to these opportunities.

**Thought of the Month**

I am only one .. but I am one ..I cannot do everything .. but I can do something..  
What I can do, I ought to do, and what I ought to do, by the Grace of God, I will do.  
Frederick William Farrar

Submitted by Blåfjell Lodge Co- Presidents Joann Barfield and Kathy Clark

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## CALL FOR DELEGATES/3<sup>rd</sup> DISTRICT CONVENTION

A recent message from Dirk Hansen, our Zone 7 Director, is requesting names of delegates to the District Convention. Any member who might be interested in attending, please make your interest known to me ASAP.

Dirk continues with this compliment for Blåfjell Lodge: "Thank you all for all your efforts in making Zone 7 the number 1 zone in all of Sons of Norway in member recruitment and retention for 2017. Let's keep the momentum going."

Submitted by Blåfjell Lodge Co-President Joann Barfield

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### MINUTES OF FEBRUARY MEETING:

In keeping with the theme country of Sweden, refreshments for the February 24 meeting, provided by Cheri Johnson, Kathy Clark, and Sharon Rohrbach, consisted of a Swedish menu of meatballs, green pea soup, tea ring, egg coffee, along with crackers, cookies, and candy, all enjoyed by a large group of members and guests. The meeting, held at College Lutheran Church, was called to order by Co-President Kathy Clark, who welcomed members and guests and led the singing of the national anthems of Norway, Canada, and the United States.

New member Ed Wold, who has Swedish heritage, presented interesting Heritage Memories of his youth and family. Treasurer Cheri Johnson presented the 2018 budget, in the amount of \$1,491.00, for approval; the motion was made, seconded, and passed that the budget be approved. The Worthy Cause purse was passed and announcement made that the amount of \$112.00 from last year's purse was presented to the Salem/Roanoke County Food Pantry. Kathy Clark reported on two additional ornaments, with kits prepared for members' participation in making the ornaments for the "Christmas in May" Local Colors.

Joann Barfield reported on last month's collection of canned goods for the Salem/Roanoke County Food Pantry (10 cans, 13 pounds) and emphasized the importance of this service to the community, and called for a volunteer for the position of Community Service Coordinator. Joann also reported on the success of the recent No-Sew Quilting project at the Joseph C. Thomas Memory Care Center at Richfield Retirement Community; Joann, Kathy Clark, Sharon Rohrbach, Georgia Carr, and JoAnn Stephens-Forrest participated in this project, with the assistance of Beverly Adams, Activities Director at JCT. Nine ladies at the Center enjoyed constructing three quilts.

Joann read a congratulatory message from Dirk Hanson, Zone 7 Director on the #1 position of Blåfjell Lodge in recruitment/retention for, not only Zone 7, but all of District Three of Sons of Norway!

The March meeting will feature Denmark, led by Cultural Director Cheri Johnson and members Larry Norman and Lucy Hochstein.

There being no further business, the meeting was adjourned. The program on "all things Swedish" was presented by Cheri Johnson, Kathy Clark, JoAnn Stephens Forrest, with participation of several Blåfjell members, who read many facts about Sweden and its climate, food, Vikings, music, land sports, inventions, lands, plants, and government.

Submitted by Blåfjell Lodge Joann Barfield, Secretary Pro-Tem

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### Thanks from Ski for Light

A recent letter from Ski for Light, Inc., thanks Blåfjell Lodge for our donation of \$50.00 for the wonderful sport of cross-country skiing with visually and mobility-impaired persons.

President Scott McCall writes, "a first-time blind participant recalls her experience: 'I quickly realized that every person I met was welcoming, interesting, diverse in background and interests. I was refreshed by the fact that I could carry on a whole conversation without being aware of whether they had a disability or not, because no one at SFL cares about such superficial things. I learned so much about the sport of cross-country skiing, my body, the way snow and sounds change as temperature fluctuates, and the thrill of gliding and going downhill without falling. Thanks for showing me what an amazing group you all are, how important SFL is to many,, and how exhilarating cross-country skiing is.'

You may read more about the 44th Ski for Light Annual Event in the brochure we will bring to our March 24 meeting.

Submitted by Blåfjell Lodge Co-President Joann Barfield

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**MEMBER NEWS:**

*Gratuleer Med Dagen*

**March birthdays:**

*Georgia Carr 3/5*

*Anne Hoose 3/10*

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**BLÅFJELL LODGE COMMUNITY PROJECT NO-SEW QUILTING PROJECT**

On Thursday, February 15, several Blåfjell Lodge members, led by Kathy Clark, held a No-Sew Quilting class at the Joseph C. Thomas Memory Care Center at Richfield. Joann Barfield, Georgia Carr, and Sharon Rohrback (with advance preparations also included by JoAnn Stephens-Forrest and with the assistance of Beverly Adams, Activities Director at JCT) enjoyed instructing nine ladies in constructing lovely fleece quilts. Ms. Adams reported that the ladies "couldn't stop talking about it". We look forward to doing future service projects with these folks! The three quilts will be sold or auctioned at a Richfield Community Spring fund raiser.

Submitted by Blåfjell Lodge Co-President Joann Barfield



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**MARIT BJØRGEN** (born 21 March 1980) is a Norwegian cross-country skier. She is ranked first in the all-time Cross-Country World Cup rankings with 112 individual victories. Bjørgen is also the most successful sprinter in Cross-Country World Cup history, with twenty-nine victories. She headed the medal table at the 2010 Winter Olympics by winning five medals, including three golds. A five-time Olympian, her five Olympic medals at the 2018 PyeongChang games brought her total number of medals up to fifteen, the most by any athlete (female or male) in Winter Olympics history.



**NORWAY'S CROSS-COUNTRY SKIER SUPREME** - Having added yet more gold medals to an already glittering list of career achievements at the 2017 FIS Nordic Ski Championships, six-time Olympic cross-country skiing champion Marit Bjørgen has no intention of letting up at PyeongChang 2018. In adding the 30km freestyle title to the 10km classic, 15km pursuit and 4x5m relay crowns she also won at the FIS Nordic Ski Championships in Lahti (FIN) in March 2017, Norway's indomitable Marit Bjørgen took her combined total of Olympic and World Championship medals to 36, a tally no other athlete – male or female – can match in FIS disciplines. Ten of those medals have come at the Olympic Winter Games (six of them gold, three silver and one bronze), which makes Bjørgen the joint most decorated female Winter Olympian of all time.

**IT STARTED WITH THE SPRINT** - Bjørgen has won everything there is to win since embarking on her international career as a 19-year-old in 1999. The first of her ten Olympic medals was a silver in the women's 4x5km team relay at Salt Lake City 2002, when she formed part of a Norwegian quartet also featuring Bente Skari, Helge Pedersen and Anita Moan. Bjørgen secured her maiden World Cup win later that year in the freestyle sprint in Dusseldorf (GER), while a maiden world title came her way the following year in the same event in Val di Fiemme (ITA). Though she started out as a sprint specialist and scored her first ten career wins in the freestyle and classical events thanks to her explosive power, Bjørgen expanded her repertoire to longer distances during the 2004/05 season, with yet more victories and podium finishes coming her way.

**THE GREATEST RECORD IN CROSS-COUNTRY SKIING** - The Norwegian great began amassing her world championship medal collection at Oberstdorf (GER) in 2005, when she pocketed three golds, a silver and a bronze. She followed up with four golds and a silver in Oslo Holmenkollen (NOR) in 2011, a haul she repeated in Val di Fiemme two years later and to which she has now added the four golds won in Lahti. In the meantime, she has been just as prolific in the World Cup, taking the overall title in 2005, 2008, 2012 and 2015, winning six small crystal globes and amassing 175 top-three finishes, including 110 individual wins – another outright record.

**MEDAL RUSH IN VANCOUVER** - After a disappointing Turin 2006, where stomach pains restricted her to just the one medal – a silver in the 10km classical – Bjørgen bounced back in style at the Whistler Olympic Park four years later, climbing on the podium in every event she entered. She began with bronze in the 10km freestyle and then won three golds in a row (in the sprint, the 15km pursuit and the 4x5km team relay) before taking silver in the 30km classical, an event in which she finished just 0.3seconds behind Poland's Justyna Kowalczyk. That impressive haul made her the most successful female athlete of the XXI Olympic Winter Games and led to her also collecting the Holmenkollen Medal, the highest distinction Nordic skiing has to offer.

**MORE GOLD IN SOCHI** - Her form undimmed by the time Sochi 2014 came around; the Norwegian great successfully defended her Olympic 15km pursuit title and then partnered Ingvild Flugstad Ostberg to gold in the women's team sprint. She saved the best till last, getting the better of compatriots Therese Johaug and Kristin Stormer Steira to win the blue ribbon and 30km freestyle event at her fourth attempt. Bjørgen received her well-deserved gold medal in style, from IOC President Thomas Bach and before an adoring crowd of 40,000 spectators at the Closing Ceremony, held at the Fisht Olympic Stadium.

**WORLD CUP GRAND SLAM** - Bjørgen began the 2014/15 FIS World Cup season by winning the one event absent from her extensive list of career honours: the Tour de Ski, the first leg of a World Cup grand slam that she completed by winning the distance and sprint crystal globes and the Nordic Opening title. Not surprisingly, the season ended with the Norwegian collection her fourth big crystal globe. Speaking on Norwegian TV in April 2015, Bjørgen announced that she was taking time out for a very good reason: "I have a little bomb to drop here today: I'm going to be a mother in December. I plan to come back, though. My goal is the World Championships in Lahti." On 26 December that year, she and partner Fred Borre Lundberg, the two-time Olympic Nordic combined champion, celebrated the arrival of a baby boy. Bjørgen lives with her partner Fred Børre Lundberg, a former Olympic champion in Nordic combined, and son, Mariusin in Holmenkollen, Oslo.

**PYEONGCHANG 2018** - Nicknamed "Gul Marit" ("Golden Marit") for obvious reasons, the 36-year-old Bjørgen was back in competitive action before the following year was out, appearing in and winning an FIS 10km freestyle race in Beitostolen (NOR) in November 2016. She made her World Cup return in Ruka (FIN) at the end of the month, scoring a win in the 10km classical. She secured the 106th World Cup victory of her career in the same event in Otepää (EST) on 19 February 2017, the prelude to her four golds at the Worlds in Lahti, a haul that only German Nordic combined skier Johannes Rydzek could match. Further World Cup success came her way late on in the season, including the last race of the campaign: the 10km pursuit in Québec (CAN) in mid-March, her 110th individual race win.



**Language Lessons 32: The Zoo in Kristiansand**

Phrase	Pronunciation	English
Byen Kristiansand ligger på sørspissen av Norge.	bee-ehn krees-tee-ahn-sahnn leeg-gehr poh suhr-spees-sehn ahv nohr-geh	The City of Kristiansand is located at the southern tip of Norway.
En viktig severdighet er Dyreparken, 12 kilometer øst for Kristiansand.	ehn veek-tee seh-vaer-dee-heht aer dee-reh-pahr-kehn tohll kjee-loo- meh-tehr uhst fohr krees-tee-ahn-sahnn	One important sight is the zoo and Safari Park, 8 miles east of Kristiansand.
Det er Norges største dyrepark.	deh aer nohr-gehs stuhr-steh dee-reh-pahrk	It is the largest zoo in Norway.
I "Nordisk Villmark" finner du blant annet:	ee noor-deesk veell-marhrk feen-nehr doo blahnnnt ahn-neht	In (the) Nordic Wilderness (section) you find among others:
ulv	ewlv	wolf
gaupe	gow-peh	lynx
jerv	jaerv	wolverine
hjort	joort	deer
elg	ehlg	moose
oter	oo-tehr	otter
hubro	hew-brooh	horned owl
sjimpanser	sheem-pahn-sehr	chimpanzees
krokodiller	kroo-koo-deel-lehr	crocodiles
skilpadder	sheell-pahd-dehr	turtles
øgler	uhg-lehr	lizards
kvelerslanger	kveh-lehr-slahng-ehr	boa constrictors
edderkopper	eh-dehr-kohhp-pehr	spiders
papegøyer	pah-peh-goy-ehr	parrots
flamingo	flah-meen-goo	flamingo
kalver	kahll-vehr	calves
geiter	jai-tehr	goats
griser	gree-sehr	pigs
høns	huhns	chickens
sjiraff	shee-rahff	giraffe
antiloper	ahn-tee-loo-pehr	antelopes
sebra	seh-brah	zebra
struts	strootts	ostrich
Her finnes også en flokk kameler.	haer aer oh-soh ehn flohkk kah-mehl-ehr	Here a flock of camels.
I 1967 ble 20 kameler ført fra Russland til Kristiansand.	ee neet-tehn-sek-stee-shew bleh kjew-eh kah-meh-lehr fuhrf frah rewss-lahnn teell krees-tee-ahn-sahnn	In 1967, 20 camels were brought from Russia to Kristiansand.
Kristiansand Dyrepark eksporterer nå kameler til USA, Canada, England, Sverige og Danmark.	krees-tee-ahn-sahnn dee-reh-pahrk ehks-poor-teh-rehr noh kah-meh-lehr teell oo ehs ah cah-nah-dah eng-lahnn svaer-ee-eh oh dahnn-mahrk	The Kristiansand Zoo and Safari Park now exports camels to the United States, Canada, England, Sweden and Denmark.
Besøk Dyreparken om du kan!	beh-suhk dee-reh-pahr-kehn ohmm doo kahnn	Visit the zoo if you can!

Excerpts from Sons of Norway member Kari Diesen-Dahl Norwegian lessons.



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**BOOK CORNER: The Little Book of Hygge: Danish Secrets to Happy Living**  
by Meik Wiking

Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.

Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe."

Hygge is the sensation you get when you're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day.

The Little Book of Hygge introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as:

- Get comfy. Take a break.
- Be here now. Turn off the phones.
- Turn down the lights. Bring out the candles.
- Build relationships. Spend time with your tribe.
- Give yourself a break from the demands of healthy living. Cake is most definitely Hygge.
- Live life today, like there is no coffee tomorrow.

From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

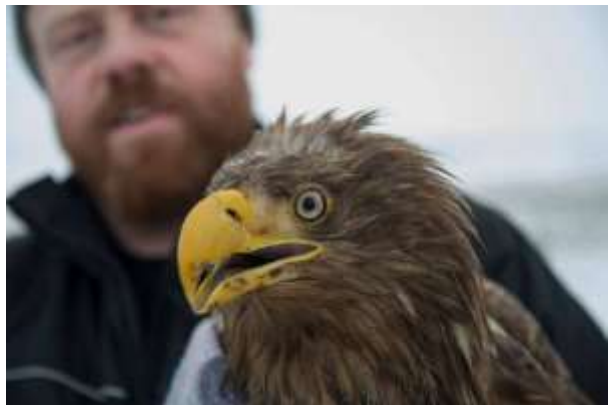
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**Farmer saves oldest-known living Icelandic sea eagle**

The newly discovered eagle is 25 years old. (Photo: Lögreglan á Norðurlandi vestra/Facebook) Mary Jo DiLonardo

On January 30, 2018, 8:21 am, while out on a Saturday afternoon, a farmer in North Iceland noticed an eagle struggling along the banks of the Miðfjörður River. After watching the bird unsuccessfully try to fly, Þórarinn Rafnsson realized the bird was injured. He managed to toss his jacket over the bird while it was sitting in tall grass and then he took it home. There he fed the bird a much-appreciated dinner of wild salmon and lamb.



Not knowing how to care for the injured raptor, he contacted local police for advice. Police officers met Rafnsson at his home and, after consulting with experts at the Icelandic Institute of Natural History, decided they'd take the eagle there to be cared for by their staff, reports Iceland Magazine.

Once experts examined the bird, they realized the farmer had made a remarkable discovery. The male bird is a sea eagle, also known as a white-tailed eagle that was tagged in Breiðafjörður bay in 1993 as a young bird, making him 25 years old. Because the average lifespan of the sea eagle is 21 years with the oldest birds living to about 25 years old, this newly discovered eagle is likely one of the oldest alive today.

According to the Icelandic Institute of Natural History, sea eagles are one of Iceland's rarest birds. They used to be more common, until the late 19th century, when their numbers dramatically declined due to organized elimination efforts that drove the population to the brink of extinction. Although sea eagles have been protected under Icelandic law since 1914, their numbers have been slow to recover. In 1964, when the practice of killing foxes with poison bait was banned, the sea eagles' population began to increase.

In spring 2006, 66 breeding pairs (not including juvenile birds) were counted. That's the largest eagle population recorded since the bird was declared a protected species, according to the institute. The newly discovered feathered elder statesman is now with experts at the Icelandic Institute of Natural History in Reykjavík, who are caring for his injuries.

<https://www.mnn.com/earth-matters/animals/stories/farmer-saves-oldest-living-icelandic-sea-eagle>

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## NORDIC RECIPES: Danish Lace Cookies

Adapted from: *The Great Scandinavian Baking Book*

### Ingredients:

- 1/2 cup butter, melted
- 1 1/2 cups, old-fashioned rolled oats
- 1/4 teaspoon ground ginger
- 1 egg
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1 tablespoon all-purpose flour



Preheat the oven to 350 degrees. Generously grease baking sheets with butter and lightly dust with flour

Stir together the melted butter, oats, and ginger in a medium sized bowl.

In a small bowl, beat together the egg and sugar till light and foamy. Scrape into the butter mixture.

Whisk together the baking powder and flour. Then add into the butter mixture and stir well.

Using a tablespoon, drop tablespoons full of batter onto the greased baking sheets, about 2 – 3 inches apart as these guys spread out. Note: I was conservative on this and only measured out 6 cookies to one baking sheet.

Bake for 8 – 10 minutes, till golden.

Let cool for one minute on the pan before removing to a cooling rack. If adding the bend, after they have set 1 minute, remove with a spatula onto the rolling pin.

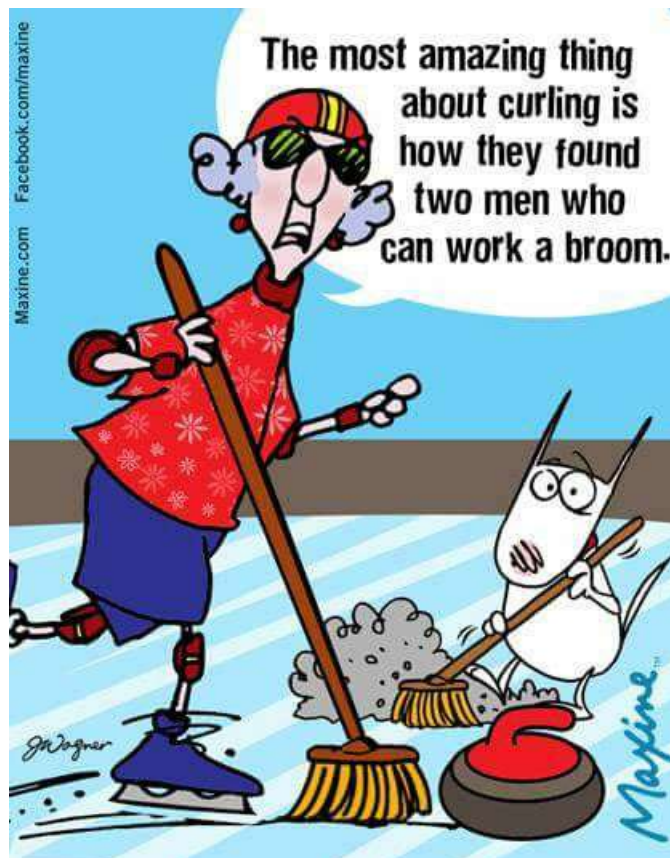
Makes 3 dozen



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## NORDIC HUMOR:

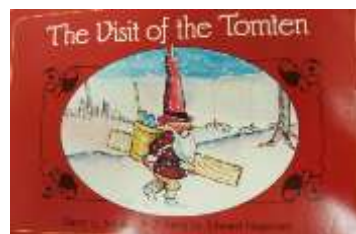




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**What you missed**  
**February 24, 1-3 pm**  
**Program: Sweden - Kathy Clark & Cheri Johnson**  
**Monthly Heritage Minute: Ed Wold**

Many topics were covered during this meeting: The Swedish King and Queen, The Nobel Peace Prize and The Noble Prize, Vikings known as the White Russians, Tomten, Elsa Beskow (illustrator), Swedes are of Germanic roots, Three Billy Goat's Gruff, Carl Larsson (painter), the invention of the zipper, Swedish crystal, white birch trees, the history of the Dala horse and more.







Sharon Rohrback's daughter Robin posted this on Facebook.

Twenty-eight years ago today, Voyager 1 took this iconic photo of the Pale Blue Dot, the only home we've ever known. It inspired Carl Sagan to pen my favorite thing ever written.

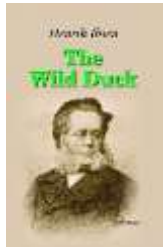
Seems to me we could all use the reminder.

*Consider that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every creator and destroyer of civilization, every young couple in love, every mother and father, hopeful child, every saint and sinner in the history of our species lived there – on a mote of dust suspended in a sunbeam.*

*Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner. How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.*

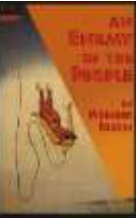
*To me, it underscores our responsibility to deal more kindly with one another and to preserve and cherish the pale blue dot, the only home we've ever known.*

*– Carl Sagan, Pale Blue Dot: A Vision of the Human Future in Space, 1997*



**BLÅFJELL LODGE LIBRARY**

The paperback Four Great Plays By Henrik Gibson has been added to the Blåfjell Lodge library: GHOSTS, THE WILD DUCK, AN ENEMY OF THE PEOPLE, and A DOLL'S HOUSE. Each play is known for its psychological insight. The first Bantam Publishers printing was in March, 1958. The book was translated by R. Farquharson Sharp. John Gassner wrote an Introduction and prefaces to each play.



Henrik Ibsen was born in Skien, Norway in 1828 and died in Oslo, Norway in 1906. He came from a prosperous family until all resources were lost in a few years. His father "lived in a state of sulking despair" and his mother "drove herself into impersonal pietism". The scenes of despondency from his childhood appear in his plays. He left Norway for Italy and lived as an expatriate until he returned to Norway in 1891. A quote from the back cover states "Although Ibsen outraged many of his contemporaries, he persisted: he shocked the unthinking into thinking and blasted through the thick fog of convention...."



I represented Sons of Norway Blåfjell Lodge at the Star City Playhouse showing of "An Enemy of the People" last year. I happen to like character studies and plays with some depth. I found that play very interesting.

Submitted by Sharon Rohrback, Blåfjell Lodge Librarian

**SAVE THIS DATE: BE A LOCAL COLORS Blåfjell Tent volunteer.**

SATURDAY, MAY 19, 9 am-5 pm.

(we set up our tent/displays at 8 am; gather to March 10:00 am, do shifts at tent 10-5.)

We will need tent volunteers for 2-3 hour shifts.

We will need baked goods volunteers: home-made desserts pre-wrapped at home.

Submitted by Sharon Rohrback Blåfjell Lodge Counselor

**March 2018  
3<sup>rd</sup> District Fra Presidenten**

"...all you red headed Irish can thank the Vikings!" by Nalda Olson, former Bondelandet charter member



Did you ever notice the similarity between Celtic and Viking art? This is a photo I purchased from Shutterstock and it is labeled as medieval Celtic Viking symbol! I am partial to both; could be because my mother was an Irish red head and my father was Norwegian. I have discovered that was not an uncommon combination, especially in Brooklyn! Think about it, two sets of immigrants coming to a new land; it is only logical that they would connect as they strived to survive away from the familiar.

Connect, that is what we do. We are connected by our lodge, by our Zone, by our District, by the entire Sons of Norway organization. Did you notice that there are no breaks in the artwork?

One of the things I am so proud of when I read your newsletters and visit your lodges is that you all focus on what binds us together. Our love of culture and history and our Norwegian roots. It's not easy being part of a volunteer organization where people have different views yet we all work together toward a common goal. It is a wonderful feeling. How do we share that "feeling"? You do it in your newsletters; the community events you support; the way we treat each other as a very large extended family. You all "pull it off" with the ease and grace of an Olympic ice dancer.

Like the medieval Celtic Viking symbol, we are all connected and I am proud to be connected with you!!!

Keep up the great work!

Happy St. Patrick's Day to all!

Sláinte  
All the best,

Mary

## Spectacular Sweden

Sweden is a wonderful Nordic country filled with lakes, lowlands, highlands, snow covered mountain ranges, coastal cities, castles, forests, and rich fertile valleys. It is divided into 3 parts: Nordland to the North with Arctic Sami people and reindeer, Sveland in the middle where fishing and farming are plentiful, and Gotland in the south where Stockholm, Uppsala, and Malmo have great numbers of people.

The weather gets cold in October and the snow that falls in November stays all winter long. Spring begins in May with beautiful flowers. Daylight changes between the 3 parts of Sweden, but between 10am and 3pm it is generally light outside. During winter the darkness is longer each day and during the summer daylight is longer.

Many wonderful plants exist here like roses, orchids, and lily of the valley. Moose, roe deer, and reindeer reign over the forest. Lemmings move in large herds from the mountains to the seas and ptarmigans are numerous. Fish caught to eat include: cod, mackerel, herring, salmon, pike, and trout.

Historically, the early people of Sweden were the Laplanders above the Arctic Circle, They are suspected to have come from Central Asia. The next group arriving were from Germany, called Goths. Today these people are 80% urban and 20% agricultural. The people are fair-skinned with blue eyes and light hair. Today, 13% of the population is from foreign countries. The demeanor of these Swedish people is more laid back with simplicity in their homes, personal care, and vehicles. They believe in International cooperation and the promotion of peace,

The Vikings were part of their history from 800AD to 1150 AD. They built their long, narrow ships to travel quickly into Russian rivers like the Rhine and on to Istanbul, Turkey. Women stayed at home to manage the farm and children. Housing was usually made of wood because trees were plentiful.

The government was a constitutional monarchy with a parliamentary democracy. 90% of the people vote in elections. They believe all people are entitled to a certain standard of living and that means higher taxes. So there are no homeless people in Sweden. King Carl XVI Gustaf and Queen Silvia are still The Royal Family. Their daughter Victoria is in line for the next monarch.

Today, most Swedes are with the Lutheran Church, even in Lapland. 80% are Lutheran and 20% are Roman Catholic and other religions.

Schools in Sweden are very important and the "love of learning" is ageless. Classes in school cover cooking, sewing, metallurgy and are mandatory.

Traditional desks are gone and long or round tables are in the classrooms. Often a teacher will move up with her/his students for 2 years. Half the teachers are men. In High School, students choose a strand to follow: medical, educational, languages, forestry, etc. Recess is mandatory for students because exercise and fresh air is important to the student's health and wellbeing.

The Dala Horse is a national souvenir of Sweden and represents the artistic quality of their carvers. They are short, stocky, wooden figures painted with bright red with blue, yellow, and white designs.

The food in Sweden is presented as a smorgasbord of: pea soup, brown beans, meatballs, stuffed cabbage leaves, fish, Lutefisk, and roast meats. Desserts include rice pudding, pastries, fruit salad, cheeses, custard, cookies, brown bread, and pancakes/waffles.

Sweden is a wonderful place to visit and a great place to have Swedish roots!

Sweden is Famous for...

- the zipper by Peter Aronsson
- the Rock Church in Stockholm
- Carl Larsson the painter
- Carl Milles the sculptor
- Pippi Longstockings author is Astrid Lindgren
- Actresses: Greta Garbo, Ann Margaret, Ingrid Bergman
- Bjorn Borg Wimbledon champion
- safety matches from Jonkoping
- Skansen...The world's largest open air museum
- Kosta Crystal...high lead content
- Moen faucets
- ATM's at banks
- IKEA modern style furnishings store
- Styrofoam
- Ball bearings
- Clogs....leather shoes, wooden sole
- Celsius thermometer
- Pacemakers
- Adjustable wrenches
- Juice boxes
- Dynamite!
- Swedish Fish candy

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

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**MARK YOUR CALENDARS**  
**FOR UPCOMING MEETINGS AND EVENTS**

- March 24, 1-3 pm**                   **SON Meeting**  
**Location:** College Lutheran Church  
**Program:** Denmark - Larry Norman & Guest Speaker  
**Monthly Heritage Minute:** TBA
- April 7, 10am-12pm**               **D Day Memorial Scout Day**  
**Location:** Bedford, VA  
**Presentations:** Erik Brun of the 99<sup>th</sup> Infantry Battalion (Separate) Educational Foundation
- April 28, 1-3pm**                   **SON Meeting**  
**Location:** College Lutheran Church  
**Program:** Iceland - Joann Barfield & Guest Speaker  
**Monthly Heritage Minute:** TBA
- May 5**                               **Annual Spring Yard Sale**  
**Location:** At the home of Cheri Johnson
- May 19, 9am-5pm**               **Local Colors**  
**Location:** Elmwood Park Roanoke, VA  
Baked Goods and Christmas Ornament sale
- June 23, 1-3pm**                   **SON Meeting**  
**Location:** College Lutheran Church  
**Program:** Norway - Sharon Rohrback, Helene DeVries & Guest Speaker  
**Monthly Heritage Minute:** TBA
- July 28**                             **Annual Summertime Picnic**  
**Location:** TBA
- August**                             **No meeting - Summer Vacation**
- September 22, 1-3pm**           **SON Meeting**  
**Location:** College Lutheran Church  
**Program:** Annual Nordic Auction/Cake Walk  
**Monthly Heritage Minute:** TBA
- October 9**                         **Adopt-a-School**  
**Presentation:** Leif Erikson Day by Cheri Johnson  
**Location:** Faith Christian School
- October 27**                       **22<sup>st</sup> Anniversary Dinner**  
**Location:** TBA  
**Monthly Heritage Minute:** TBA
- November 9**                       **Adopt-a-School**  
**Presentation:** Viking Day by Cheri Johnson and other Lodge members  
**Location:** Faith Christian School
- November 17, 1-3 pm**           **SON Meeting**  
**Location:** College Lutheran Church  
**Program:** Finland - Cheri Johnson & Guest Speaker  
**Monthly Heritage Minute:** TBA
- December 8, 1-3 pm**           **Yulefest Annual Dinner and St. Lucia procession**  
**Location:** College Lutheran Church
- December 13**                     **St. Lucia Concert and Celebration at St. Andrews Church, Roanoke, VA**  
**Contact person:** Cheri Johnson

**DENMARK DENMARK DENMARK DENMARK DENMARK**

Our next SON meeting will be March 24 and our Nordic Country will be Denmark.  
2 of our membership have roots in Denmark...Larry Norman and Lucy Hochstein.  
Denmark cooking hosts are Larry Norman, Lucy Hochstein, Georgia Carr and Cheri Johnson.  
Topics to be covered.....Greenland.....Faroe Islands.....Flag.....Historical Impact.....  
.....Military.....Royal Family.....Vikings (Famous Ones).....Copenhagen.....  
Tivoli.....Danish Pastry.....Open Face Sandwiches.....Famous Dogs

See you on the 24th of March.....come Hungry.....we have great Danish food!

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

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**YARD SALE FUNDRAISER MAY 6, 2018**

In order to have a successful yard sale, we have to have a large quantity of items to sell!

Price all your items reasonably Most items do well at \$.50...1\$...2\$....3\$

Start now to declutter and simplify your life

Deliver your items to JoAnn Stephens-Forest's house by May 1

Clothes and Shoes are fine but we only sell them for \$1.00

Our goal is \$250.00 and that means we need a lot of your stuff!!!

Try to come up with 20 items.....board members need 50 each...yikes!

Large items like furniture and lawn items are OK

Everyone loves to buy..... JEWELRY.....put in snack size baggies or it will be stolen!

Thank you for your contributions

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

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**THIRD DISTRICT FEBRUARY EVENTS**

**Restauration Lodge #3-555, Wallingford, PA**

**Fish/ Meatball Surf and Turf dinner**

March 9 @ 6:15 pm - 9:00 pm EST

Surf and turf dinner with trivia. Questions? Contact William Taylor at awtou@aol.com. Cost is \$16 members and \$18 non-members with all profits going to the lodge's scholarship fund. Seating is limited. Paid reservations must be in the hands of treasurer Jorgen Flood no later than March 5. Send to: Jorgen Flood, 719 Bradford Terrace, West Chester, PA 19382.

**Nordkap Lodge #3-25, Baltimore, MD**

**Heritage Celebration Part 1**

March 10 @ 2-5 pm

Grace Lutheran Church 8601 Valleyfield Rd Lutherville, MD

**Loyal Lodge #3-252, St. James, NY**

**Cod Fish Dinner**

March 10 @ 6:30PM.

The cost is \$25 for cod fish or meatballs

**Gateway To Florida Lodge 3-541**

**Lapskaus Dinner & Scandinavian Coloring Books Meeting**

March 11 @ 6:30 p.m.

**Bondelandet Lodge #3-612, Lancaster, PA**

**European Folk Music Concert by Simple Gifts**

March 11 @ 3:45 am - 6:00 pm EDT

Instead of the Friday, March 16 meeting, members and guests are invited to attend a musical concert by the duo/trio Simple Gifts. The concert will take place at 3:45 pm at Holy Trinity Lutheran Church, 31 South Duke Street, Lancaster, PA. Simple Gifts play a variety of cultural folk music including Scandinavian twin fiddling. The only cost is a free-will offering. See [www.simplegiftsmusic.com](http://www.simplegiftsmusic.com) for more information. Further questions; contact Jeanne Addison at 717-793-7428. There is a parking lot behind the church as well as parking garages in the area because the Lancaster County Courthouse is nearby.

**Troll Lodge 3-476, Mahopac, New York**  
**Installation of Officers for 2018-2019**

March 16 @ 6:30 pm.

Reservation is a must!!!

**Bondelandet Lodge #3-612, Lancaster, PA**  
**No March meeting**

March 16 @ 12:00 am EDT

Instead of the March 16 meeting, members and guests are invited to attend a musical concert by the duo/trio called Simple Gifts on Sunday, March 11, 3:45 pm at the Holy Trinity Lutheran Church, 31 S. Duke Street, Lancaster, PA. Scandinavian twin fiddling will be part of the show. There is only a free-will offering for the concert. Questions? Contact Jeanne at 717-793-7428.

**Washington Lodge #3-428, Washington DC**  
**A Tour of Traditional Arts**

March 17 @ 5PM

Pot luck followed by the presentation by Phil and Else Odden of Barronette, WI, gold medal wood carvers and creative tour organizers. Tina Keune and her cousin, Bernice Duvall, were on the Odden's trip from Oslo to Bergen. En route they visited musicians, silversmiths, log and Viking ship workshops, a Fjord Horse center, and more. They enjoyed daily stops at historic family farms, sampling their homemade refreshments. Join us as Tina, a prize-winning artist herself, shares the exceptional opportunities offered by this tour. Come see Norway through the eyes of an artist.

**Washington Lodge #3-428, Washington DC**  
**Tour of Norway, arts, crafts**

March 17 @ 5:00 pm - 9:00 pm EDT

Speaker Tina Keune will make a presentation about her exceptional tour of Norway last summer that focused on traditional arts, crafts, and hospitality. Potluck at 5:00 pm followed by the presentation. Guests welcome.

**Loyal Lodge #3-252, St. James, NY**  
**St. James St. Patrick's Parade**

March 17 @ 1PM.

They will be marching with their newly restored Viking ship. Following the parade they will gather for lapskaus and pizza.

**Bernt Balchen Lodge #3-566, Lackawaxen, PA**  
**Corned Beef luncheon**

Sunday March 18 @ 1pm

Corned beef sandwich on rye bread, potato salad, Irish soda bread, and desserts

**Hampton Roads Lodge #3-522, Virginia Beach, VA**  
**The Norwegian Lady ceremony**

March 24 @ 1:00 pm EST

The ceremony will take place at the Norwegian Lady Plaza. There will a flag raising, music, and laying of the wreath. A special performance by the Stoughton WI Norwegian Folk Dancers will perform at about 1:50pm.

**Norden Lodge #3=407, Huntington Stations, NY**  
**63<sup>rd</sup> Annual Crowning of Miss Norway of Greater New York**

March 24 @ 2:00 pm EST

Arthur Nilsen Banquet Hall, Norwegian Christian Home and Health Center, 125067<sup>th</sup> St. Brooklyn, New York

\$35 per adult \$15 child (12 years old or younger)

Luncheon reservations can be made by contacting Odette Larsen; 718-974-3475 or [NIAHistoryOnline@yahoo.com](mailto:NIAHistoryOnline@yahoo.com)

**Troll Lodge 3-476, Mahopac, New York**  
**A Chorus Line**

March 30

Troll members will be enjoying "A Chorus Line"

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**THIRD DISTRICT/INTERNATIONAL NEWS:**

For President's letter, see the Third District Events Calendar: [www.3dsofn.org/newsletter/index.html](http://www.3dsofn.org/newsletter/index.html)

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

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

New Sons of Norway E-Post: [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com)

Royal Norwegian Embassy in Washington: [emb.washington@mfa.no](mailto:emb.washington@mfa.no)

Nordic News from the Icelandic Embassy: <http://www.iceland.is/us>

NEWEST NEWS: New newspaper ... Welcome to Norway Today: [www.norwaytoday.info](http://www.norwaytoday.info)

FULL LISTING OF EVENTS around the U.S: [www.norway.org/calendar](http://www.norway.org/calendar)

***SONS OF NORWAY MEET ON THE FOURTH SATURDAY OF EACH MONTH!***

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



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

