



SONS OF NORWAY

**FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅ FJELL LODGE 3-646
November 2018**

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Treasurer: Cheri Johnson 540-989-6330
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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)

NEXT MEETING:

SATURDAY, November 17, 1-3 pm

PROGRAM: Iceland - Land of Fire and Ice - Joann Barfield & Cheri Johnson
Remember your canned goods donations and Tubfrim stamps!

BLÅ FJELL CO- PRESIDENTS' MESSAGE:

Tusen Takk to Kathy, for all of her work to make our 22nd Anniversary Dinner a great success .. and to Sharon for her able assistance! If you were not able to come, you missed a good time of great food, fun, and fellowship! Kathy's Trivia games brought us up to date on facts about Norway, and we all made a pretty good showing!

The slate of officers for the November election and several appointed positions were presented, as reported in the October Minutes.. The positions of Newsletter Editor and Social Director remain available for any members who may have those interests and abilities. We encourage your consideration! The floor will be open for nominations.



In keeping with the recommendation of our Third District President, Kathy Dollymore, Blå fjell Lodge is attempting to enlarge the participation of more members by serving on committees, such as the Volunteer Committee. Thanks to JoAnn Stephens-Forrest and Lucy Hochstein for stepping up to join with Cheri Johnson on the Cultural Committee. Cheri has also recruited more members to participate in the upcoming Viking Day at Faith Christian School on November 9, thereby giving more of our membership the experience of this very fine Adopt-A-School program. Additionally, we expect Third District Zone 7 Director Dirk Hansen to attend this unique event and report on its success to an upcoming Third District meeting.

In addition to elections, the November meeting will include a program on **Iceland, Land of Fire and Ice**, the last of our yearlong series of programs on the Nordic countries.

In preparation for Julefest on Saturday, December 8, Sharon requested a Board meeting prior to the November meeting.

Joann Barfield reported on talking with Jenny McCormack, Director of the Salem/Roanoke County Food Pantry, who expressed their appreciation for our monthly contributions to this most worthy cause of alleviating hunger in our community. There will be a report of our total contributions at the November meeting.

Good News in our Lodge Activity Report for November: Blå fjell Lodge's membership is increased by **six new members**: Marilyn Barrier, a neighbor of Joann's at Richfield, attended our September meeting, and enjoyed it so much that she joined! The Ronald Nelson family of five from Lexington joined online. We look forward to welcoming these new members at our November 17 meeting .. and we look forward to seeing you then, too!

Submitted by Joann Barfield and Kathy Clark, Blå fjell Lodge Co-President/Membership Chair



MINUTES OF OCTOBER

Blå fjell Lodge's 22nd Anniversary Dinner celebration was held at Jersey Lily's Roadhouse on Saturday, October 27, with 11 members and 3 guests present. Kathy Clark opened the meeting with the singing of the national anthems of Norway, Canada, and the United States.

Cheri Johnson reported on the successful Nordic Auction/Yard Sale/Bake Sale at the September meeting, which earned \$209.00, over our goal of \$200.00. Two sweaters left over were brought for sale; Inga Solberg bought one of them.

The following upcoming activities were highlighted by Cheri: Viking Day at Faith Christian School on November 9 (with increased participation by Blå fjell members), the November meeting will include Election of Officers and a program on Iceland (the last of the series on the five Nordic countries) by Cheri and Joann Barfield, and our annual Julefest on Saturday, December 8 at College Church. Sharon Rohrback requested a Board meeting to plan for Julefest.

While awaiting the meals and again after the meals, Kathy presented two exciting Trivia game on facts of Norway; resulting in a tie between Todd Solberg and Larry Norman; First place prize was a Norsk Nisse, hand-crafted by Kathy, won by Todd and Swedish fish won by Larry.

On behalf of the Nominating Committee, Joann Barfield presented the slate of officers proposed for the November election, as follows: President, Sharon Rohrback; Vice President, Joann Barfield; Secretary, Kathy Clark; Treasurer, Cheri Johnson. Director positions include Cultural Director, Cheri Johnson; Historian, Helene DeVries; and Volunteer Director, Cheri Johnson. There are openings for the position of Editor and Social Director; nominations from the floor will be accepted.

Cheri spoke to the move to encourage more member participation in lodge activities by the inclusion of committees in areas such as Volunteer programs, as encouraged by Third District President, Kathy Dollymore. JoAnn Stephens-F Forrest and Lucy Hochstein volunteered to serve with Cheri on the Cultural program.

Member news included the word that Blå fjell Lodge founder and Past President Wally Post had recently suffered a heart attack, and Charter member and longtime Treasurer Wally Hanson had passed away. Several members spoke of the great contributions to the Lodge that Wally Hanson made and his talents and abilities.

Sharon reminded the group of the memorial service on Sunday for Eric Lindsoe, son of Charter member and Past President Joe Lindsoe.

Kathy distributed copies of "Silent Night" in the Norsk language, which will be sung at Julefest; any members who wish to join in this event may contact Kathy for a copy. A rehearsal will be scheduled after the November meeting.

The meeting closed with prayer by Sharon.

Submitted by Joann Barfield, Secretary Pro-Tem

MEMBER NEWS:

Gratuleer Med Dagen

November birthdays:

Heather Walker 11/6

Joann Barfield 11/22

Language Lessons 37: From the Norwegian Newspaper, Nytt fra Norge Sailing with Japanese TV and Thor Heyerdahl

Phrase	Pronunciation	English
I fire dager i forrige uke var elever fra Larvik på seiltur sammen med Thor Heyerdahl om bord i et tysk skoleskip oppkalt etter den verdensberømte oppdageren, skriver Aftenposten.	ee fee-reh dah-gehr ee foh-ree-eh ew-keh vahr eh-le-vehr fra Lahr-veek poh sail-tewr sahm-mehn meh toor hoy-ehr-dahl ohm boor ee eht teesk skoo-leh-sheep ohp-kaht eh-tehr dehn vaer-dehns-beh-ruhm-teh ohp-dah-gehr-ehn skree-vehr ahf-tehn-pohs-tehn	For four days last week students from Larvik were on a sailboat trip together with Thor Heyerdahl on board a German training ship named after the world-famous explorer, writes Aftenposten (newspaper).
Det statlige japanske tv-selskapet Nippon Hosokyo, NHK, had chartret tremasteren Thor Heyerdahl som et ledd i en stor tv-serie med tittelen "Master Teachers--Lessons for the Future."	deh staht-lee-eh jah-pahn-skeh teh-veh sehl-skah-peh Nippon Hosokyo ehnn hoh koh had-deh shahr-treht treh-mahs-tehr-ehn toor hoy-ehr-dahl sohm eht lehd ee ehn stohr teh-veh-seh-ree-eh meh teet-tehl-ehn "Master Teachers - Lessons for the Future"	The state-owned Japanese television company Nippon Hosokyo, NHK, had chartered the three-mastered ship, "Thor Heyerdahl," as part of an extensive television series titled "Master Teachers--Lessons for the Future"
Serien er beregnet for verdensmarkedet og skal presentere nålevende berømtheter som har utmerket seg på ulike kunnskapsfelter.	seh-ree-ehn aer beh-rehg-neht fohr vaer-dehns-mahr-keh-deeh oh skahlh preh-sang-teh-reh noh-leh-vehn-deh beh-ruhmt-heh-tehr sohm hahr ewt-maer-keht sai poh uew-lee-keh kewn-skahps-fehl-tehr.	The series is intended for the world market and will present contemporary celebrities who have distinguished themselves in different fields.
De portrettede personene skal også ha et budskap som programmakerne vurderer som en del av verdens bevaringsverdige kulturarv.	dee poor-treh-tehr-teh pehr-soh-neh-neh skahl oh-soh hah ehtt bewd-skap sohm proo-grahm-mah-kehr-neh vewr-dehr-ehr sohm ehn dehl ahv vaer-dehns vaer-neh-beh-vahr-ee-eh kewl-toor-ahrv.	The persons portrayed are also offering a message which the producers of the programs are considering making a part of the world's preservable heritage.
Prosjektet er inspirert av "The World Heritage List."	proo-shehk-teh aer in-spee-rehrt ahv "The World Heritage List."	The project is inspired by "The World Heritage List."
Heyerdahl og svenske Ingemar Stenmark er de eneste utvalgte "Master Teachers" fra Skandinavia.	hoy-ehr-dahl oh svhn-ek-eh ing-eh-mahr stehn-mahrk aer dee eh-nehs-teh oot-vahlg-teh "Master Teachers" frah skahn-dee-nah-vee-ah.	Heyerdahl and the Swede Ingemar Stenmark are the only selected "Master Teachers" from Scandinavia.

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



Thor Heyerdahl - Norwegian adventurer

Thor Heyerdahl (October 6, 1914 – April 18, 2002) was one of history's most famous explorers, a Norwegian adventurer and ethnographer with a background in zoology, botany, and geography. He became notable for his *Kon-Tiki* expedition in 1947, in which he sailed 8,000 km (5,000 mi) across the Pacific Ocean in a hand-built balsawood raft from South America to the Tuamotu Islands. The expedition was designed to demonstrate that ancient people could have made long sea voyages, creating contacts between separate cultures. This was linked to a diffusionist model of cultural development. This was his first expedition to be captured on film, and was later awarded Academy Award for best documentary in 1951. He later completed similar achievements with the reed boats Ra, Ra II and Tigris, through which he championed his deep involvement for both the environment and world peace. He was also responsible for important archeological excavations on the Galapagos Islands, Easter Island and in Túcume.

Heyerdahl was born in Larvik, Norway, the son of master brewer Thor Heyerdahl (1869–1957) and his wife, Alison Lyng (1873–1965). As a young child, Heyerdahl showed a strong interest in zoology, inspired by his mother who had a strong interest in Charles Darwin's theory of evolution. He created a small museum in his childhood home, with a common adder (*Vipera berus*) as the main attraction. He studied zoology and geography at the faculty of biological science at the University of Oslo.^[4] At the same time, he privately studied Polynesian culture and history, consulting what was then the world's largest private collection of books and papers on Polynesia, owned by Bjarne Kroepelien, a wealthy wine merchant in Oslo. (This collection was later purchased by the University of Oslo Library from Kroepelien's heirs and was attached to the Kon-Tiki Museum research department.) After seven terms and consultations with experts in Berlin, a project was developed and sponsored by Heyerdahl's zoology professors, Kristine Bonnevie and Hjalmar Broch. He was to visit some isolated Pacific island groups and study how the local animals had found their way there.



Just before sailing together to the Marquesas Islands in 1936, Heyerdahl married his first wife, Liv Coucheron-Torp (1916–1969), whom he had met shortly before enrolling at the university, and who had studied economics there. The couple had two sons: Thor Jr and Bjørn. The marriage ended in divorce.

After the Occupation of Norway by Nazi Germany, he served with the Free Norwegian Forces from 1944, in the far north province of Finnmark.

In 1949, Heyerdahl married Yvonne Dedekam-Simonsen (1924–2006). They had three daughters: Annette, Marian and Helene Elisabeth. They were divorced in 1969. Heyerdahl blamed their separation on his being away from home and differences in their ideas for bringing up children. In his autobiography, he concluded that he should take the entire blame for their separation.



In 1991, Heyerdahl married Jacqueline Beer (born 1932) as his third wife. They lived in Tenerife, Canary Islands and were very actively involved with archaeological projects, especially in Túcume, Peru, and Azov until his death in 2002. He still had been hoping to undertake an archaeological project in Samoa before he died at aged 87 from a brain tumor. After receiving the diagnosis he prepared for dying by refusing to eat or take medication. The Norwegian government granted Heyerdahl the honor of a state funeral in the Oslo Cathedral on April 26, 2002. His cremated remains lie in the garden of his family's home in Colla Micheri. He was an atheist.

Kon-Tiki expedition

In 1947, Heyerdahl and five fellow adventurers sailed from Peru to the Tuamotu Islands, French Polynesia in a pae-pae raft that they had constructed from balsa wood and other native materials, christened the *Kon-Tiki*. The *Kon-Tiki* expedition was inspired by old reports and drawings made by the Spanish Conquistadors of Inca rafts, and by native legends and archaeological evidence suggesting contact between South America and Polynesia. The *Kon-Tiki*

smashed into the reef at Raroia in the Tuamotus on August 7, 1947, after a 101-day, 4,300-nautical-mile (5,000-mile or 8,000 km)^[12] journey across the Pacific Ocean. Heyerdahl had nearly drowned at least twice in childhood and did not take easily to water; he said later that there were times in each of his raft voyages when he feared for his life.



Kon-Tiki demonstrated that it was possible for a primitive raft to sail the Pacific with relative ease and safety, especially to the west (with the trade winds). The raft proved to be highly maneuverable, and fish congregated between the nine balsa logs in such numbers that ancient sailors could have possibly relied on fish for hydration in the absence of other sources of fresh water. Other rafts have repeated the voyage, inspired by *Kon-Tiki*. Heyerdahl's book about *The Kon-Tiki Expedition: By Raft Across the South Seas* has been translated into 70 languages. The documentary film of the expedition entitled *Kon-Tiki* won an Academy Award in 1951. A dramatized version was released

in 2012, also called *Kon-Tiki*, and was nominated for both the Best Foreign Language Oscar at the 85th Academy Awards and a Golden Globe Award for Best Foreign Language Film at the 70th Golden Globe Awards. It was the first time that a Norwegian film was nominated for both an Oscar and a Golden Globe.

Anthropologists continue to believe that Polynesia was settled from west to east, based on linguistic, physical, and genetic evidence, migration having begun from the Asian mainland. There are controversial indications, though, of some sort of South American/Polynesian contact, most notably in the fact that the South American sweet potato is served as a dietary staple throughout much of Polynesia. Blood samples taken in 1971 and 2008 from Easter Islanders without any European or other external descent were analyzed in a 2011 study, which concluded that the evidence supported some aspects of Heyerdahl's hypothesis. This result has been questioned because of the possibility of contamination by South Americans after European contact with the islands. However, more recent DNA work (after Heyerdahl's death) contradicts the post-European-contact contamination hypothesis, finding the South American DNA sequences to be far older than that. Heyerdahl had attempted to counter the linguistic argument with the analogy that he would prefer to believe that African-Americans came from Africa, judging from their skin colour, and not from England, judging from their speech.



In May 2011, the Thor Heyerdahl Archives were added to UNESCO's "Memory of the World" Register. At the time, this list included 238 collections from all over the world. The Heyerdahl Archives span the years 1937 to 2002 and include his photographic collection, diaries, private letters, expedition plans, articles, newspaper clippings, original book, and article manuscripts. The Heyerdahl Archives are administered by the Kon-Tiki Museum and the National Library of Norway in Oslo. The Kon-Tiki Museum exhibits objects from Heyerdahl's world

famous expeditions, the original Kon-Tiki raft, and the papyrus boat Ra II.

The Kon-Tiki Museum is a museum in the Bygdøy peninsula in Oslo, Norway. It houses vessels and maps from the Kon-Tiki expedition, as well as a library with about 8000 books. It was opened in a provisional building in 1949. In 1957, the current building—designed by architects F. S. Platou and Otto Torgersen—was opened.

<https://www.kon-tiki.no/>

“Borders? I have never seen one. But I have heard they exist in the minds of some people.”

– Thor Heyerdahl

BOOK CORNER: The Kon-Tiki Expedition: By Raft Across the South Seas

Author	Thor Heyerdahl
Original title	<i>Kon-Tiki Ekspedisjonen</i>
Country	Norway
Language	Norwegian
Publisher	Gyldendal Norsk Forlag George Allen & Unwin Ltd. (UK)
Publication date	1948
Published in English	1950
Pages	235

The Kon-Tiki Expedition: By Raft Across the South Seas (Norwegian: *Kon-Tiki ekspedisjonen*) is a 1948 book by the Norwegian writer Thor Heyerdahl. It recounts Heyerdahl's experiences with the *Kon-Tiki* expedition, where he travelled across the Pacific Ocean on a balsa tree raft. The book was first published in Norway on 2 November 1948, and sold out in 15 days.



NORDIC HUMOR:

Why does the Norway navy have bar codes on the side of their ships?

?

So when they come back to port they can

Scandinavian

NORDIC RECIPES: Norwegian Fish Soup

Ingredients:

- 12 oz Norwegian cod fillet, skinned and pinboned
- 12 oz Norwegian salmon fillet, skinned and deboned
- 3.5 oz prawns, peeled
- 6 tomatoes
- 1 onion, yellow
- 5 cloves of garlic
- 1 chili pepper, red
- 1 leek
- 3T butter
- 3T tomato puree
- 8 cups fish stock
- 2 cups double cream
- Salt and pepper
- Parsley, fresh curled



Procedure:

- Dice cod and salmon.
- Blanch tomato by cutting a cross on top, immerse in boiling water for a couple of minutes and then immediately place them into cold water. Remove the skin and seeds and finely chop the tomato.
- Finely chop onion and garlic, and slice the chili and the leek.
- Sauté onion in butter and add garlic, chili, leek, tomato purée and fish broth.
- Boil the soup for approx. 5 minutes. Add cream and let it simmer.
- Add cod, salmon and tomatoes, heat up and leave it for 3-4 minutes.
- Season with salt and pepper.
- Add prawns right before you serve the dish.
- Sprinkle parsley on top and serve.

Tip: You can replace fish broth with fish stock.

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

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: Iceland - Land of Fire and Ice - Joann Barfield & Cheri Johnson

December 8, 1-3 pm

Julefest Annual Dinner and St. Lucia procession

Location: College Lutheran Church

December 13

St. Lucia Concert and Celebration

Location: St. Andrews Church, Roanoke, VA

Contact person: Cheri Johnson

CONVENTION NEWS

Many awards were presented. Our lodges are doing an outstanding job for the District and Sons of Norway. Of particular note is the 2017 Lifetime Achievement recipient Helen Timoney and the 2018 Lifetime Achievement recipient Doris Beck. Way to go!



THIRD DISTRICT/INTERNATIONAL NEWS:

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

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

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

New Sons of Norway E-Post: sonsofnorway@sofn.com

Royal Norwegian Embassy in Washington: 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

FULL LISTING OF EVENTS around the U.S: 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!!

