



SONS OF NORWAY

**FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅFJELL LODGE 3-646
November 2017**

Co-President: Joann Barfield 540-380-2926
Co- President/Secretary: Kathy Clark 540-977-2349
Treasurer: Cheri Johnson 540-989-6330
Editor: Robin Lambert 540-904-1817
Lodge Counselor: Sharon Rohrback 540-774-0006

Blåfjell's website: sonsofnorwayblafjell.org
Facebook group: <http://www.facebook.com/SonsOfNorwayBlafjell>

Mission Statement:

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

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 18, 1-3 PM

(one week earlier than usual, due to Thanksgiving weekend)

COLLEGE LUTHERAN CHURCH

Program: Comparisons of Christmas Traditions in Five Nordic Countries .. Cheri Johnson

Ornament Exchange .. all members

Refreshments: Robin Lambert and Joann Barfield

Heritage Minute: JoAnn Stephens-Forrest

Sunshine/Thanksgiving Cards: all Board members

Remember to bring canned goods & cancelled stamps!

(Board Meeting at 12:15 prior to general meeting)

CO-PRESIDENT MESSAGE:

What a grand time we had on Saturday, October 28, as we celebrated our 21st anniversary! A big Tusen Takk to Event Chair Kathy Clark for making the arrangements at Jersey Lily's Roadhouse and for planning the "fun and games"! Everyone seemed to enjoy the meals (especially those of us who had the Barbecued Ribs!) and the Ice Breaker questions, which generated much lively conversation .. and certainly accomplished our goal of getting us to know each other better. The challenging 1940's-1950's Trivia game resulted in a tie which took 3-4 tie breakers to declare Quentin and Elaine Fisher winners, with Inga Solberg second. A good time was had by all.



Please note that the November meeting will be one week earlier than usual because of the Thanksgiving weekend.

We look forward to hearing Cheri's program on the varied Christmas traditions of the Scandinavian countries and to the fun of our Ornament Exchange!

Thought for the Month

O, God, we thank you for this food, for rest and home and all things good,
for wind and rain and sun above. But, most of all, for those we love.

Submitted by Joann Barfield & Kathy Clark, Blåfjell Lodge Co-Presidents

MEMBER NEWS: *Gratuleer Med Dagen*

November birthdays: Joann Barfield 11/22

Praises and Prayer Requests:

Thanks be to God and Dr. Elichi for Hugh Barfield's new medication, which is working!

Prayers of thanksgiving for Grace Wold, now recovering from surgery to install a pace maker. Prayers of strength for Ed Wold coping with his ongoing back pain. They are dear friends of Blåfjell Lodge.

HERITAGE MINUTE: Joann Barfield



As we enter this holiday season, our thoughts and our memories return to HOME .. as many of you know, I was born and grew up in an Icelandic community of rural North Dakota .. and I grew up UNDERPRIVILEGED!

Our holidays were centered on church and family .. no Santa Claus .. no Easter Bunny .. but great church and family gatherings .. both the Icelandic family of my mother and the Norwegian family of my father .. especially Thanksgiving and Christmas .. usually Christmas Eve in Upham with the Icelanders .. Christmas Day in Souris with the Norwegians ..

One of our snowiest Christmas Days, when our car was literally buried in snow, the four of us (Mother, Dad, Brother, and I) snuggled up together in the cab of my dad's Standard Oil gas truck for the 30-mile trip up to Souris (just miles from the Canadian border) .. the menu, of course, included the traditional lutefisk and lefse and rosettes! It was much fun to get together with all those cousins .. about 24 of us!

One of my cousins remembers Thanksgiving at our house with, not only turkey on the table (the turkey raised by my mother), but also pheasant and venison .. my dad was a big hunter and fisherman .. the freezer always full of his catches ..

The Christmas Eve menu with my mother's family was usually toasted cheese sandwiches, while we waited for my Postmaster Uncle to finish putting up the mail before he could come home for opening gifts .. the mail came in on the Great Northern train we called "The Goose" .. now I live on a lake full of geese!

In keeping with my UNDERPRIVILEGED childhood, Santa did not bring PILES of gifts .. ONE Christmas gift from my parents (a doll, a ring, roller skates, something small) .. ONE gift from the person who drew my name for the Norsk family gift exchange .. a few small gifts from Icelandic aunts and cousins ..

EASTER was another church event .. since it usually came in the middle of the Winter .. no Easter bunnies, baskets, or hats ..

I was. UNDERPRIVILEGED .. but I didn't know it!! How often I have thought of how **blessed I** was to be born and grown up in the time and the place that I was! Happy memories of a safe and secure childhood in a simpler time! Thanks be to God!!

Submitted by Joann Barfield, Blåfjell Lodge Presidents

MINUTES OF OCTOBER MEETING:

The October 28, 2017, meeting of Blåfjell Lodge, Sons of Norway, was held at Jersey Lily's Roadhouse on Route 419 in Roanoke. The meeting was brought to order by Co-President Kathy Clark and opened with the singing of the National Anthems of Norway, Canada, and the United States. Several guests were introduced: Marlin Thompson's daughter, Tammy; Gretchen Boise, Marie Pendleton, Lou Rossie, and Hugh Barfield.

Sharon Rohrback presented Joann Barfield with her 20-year pin; pins will be mailed to Dorrey Grina (20 years), Vernon Ferguson (5 years), and Robin Lambert (5 years).

Announcement was made of the upcoming November meeting being one week early (November 18) due to Thanksgiving weekend, the program on various Christmas traditions of the Nordic countries, and the ornament exchange. Sharon Rohrback brought a display of books from the Blåfjell Library available for checkout.

At the conclusion of the brief business meeting, the membership enjoyed various dishes ordered from the Jersey Lily menu, with lovely table decoration pumpkins handcrafted by Kathy and Ice Breaker and Trivia games led by Kathy.

Submitted by Joann Barfield, Blåfjell Lodge Secretary Pro-Tem

Volunteers needed for Blåfjell Julefest December 9, 1-3pm at College Lutheran Church.

Contact Sharon Rohrback, event chair, at (540) 774-0006 or e-mail slrohrback@aol.com.

- Volunteers to help set up the fellowship hall (whether the day before or early on Saturday to be determined) - to put up the tables and the jule tree.
- Volunteers an hour before the event starts for final touches: table place settings, table decorations, water, and make coffee.
- Volunteers to make and keep warm one of the lodge-provided entrees (salmon, lutefisk, boiled potatoes, meatballs, Glogg for gathering).
- Volunteers to stay long enough to clean up after the event (we are usually out by 5:00 pm).
- And as always, every person attending should bring a side dish or dessert to share; let Sharon know what you plan to bring.

Thank you in advance

Submitted by Sharon Rohrback. Blåfjell Lodge Counselor

Recipe: Mashed Rutabagas (Kålrabistappe)

Kålrotstappe is a traditional and important accessory for pork meat and other fried and smoked meat dishes.

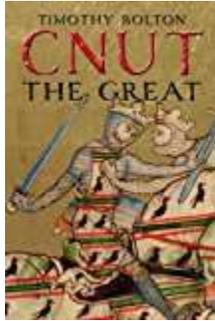
Ingredients

1 kg of cabbage root
1 liter of water
1 dl cream
3 tablespoons butter
2 tsp salt
1/4 teaspoons
1/4 tsp grated nutmeg



Directions

1. Peel the cabbage and divide it into smaller pieces.
 2. Boil the cabbage pieces in a saucepan with unsalted water.
 3. Pour the boiling water and mash the cabbage pot with a potato stew. Have cream and butter and taste with salt, pepper and nutmeg.
 4. Serve hot.
-



BOOK CORNER: Cnut the Great by Author: Timothy Bolton

From the demise of the Roman Empire to the triumph of William the Conqueror in 1066 CE, the British Isles were the scene of repeated looting and invasion from the Scandinavians. In fact, the English, or Anglo-Saxons, were themselves invaders who had arrived in the fifth century from parts of Saxony, Frisia and Jutland, and seized control over the crumbling remains of post-Roman Britain. The greatest of these invaders were Swen Forkbeard and his son Cnut the Great, who ruled until 1035 CE and was simultaneously king of Denmark, England and Norway, known as the Anglo-Scandinavian or North Sea Empire:

"Scandinavian ships and their raiding parties were all too familiar to the inhabitants of England who must have watched Swen and Cnut's fleet appears on the horizon and draw up their longships on the beach at Sandwich. ...



"It is important to note that Swen and Cnut's arrival in 1013 came at the end of some thirty-five years of devastating Scandinavian raids on English territory. The Anglo-Saxon Chronicle is normally a rather dry account, reading like a sparse bulletin of events, condensing even the most emotive of acts into a few blank words, but here it descends slowly into a deeply impassioned narrative describing the violence of the invaders and the collapse of a society. These events left substantial scars on the memories of the English, and a century later John of Worcester, presumably working from oral accounts, would describe harrowing scenes of violence and the systematic murder of every man the warbands encountered. Confronted with this tide of destruction many of the English seem to have despaired, and turned towards prayer and public appeals to God to rid them of the raiders.



"The invaders came first in 981, striking Southampton, and this force was followed, until 1001, by numerous small raiding armies that struck at coastal sites or headed inland on raiding campaigns. In 991 a larger raiding party arrived and remained in England until 1005, closely followed by another in 1006-7. Then in 1009 a 'great army' headed by the warlord Thorkell the Tall arrived at Sandwich and appears to have received reinforcements in August of the same year from another immense fleet, apparently under the control of Thorkell's brother and close associate. This force seized the archiepiscopal see of Canterbury and

pillaged the southern coastline, before making a winter camp on the River Thames and seizing provisions from the surrounding Essex countryside. From that site they struck into Oxfordshire and East Anglia in 1010, burning Thetford and Cambridge, before returning to Oxfordshire and proceeding to lay waste the counties of Buckinghamshire, Bedfordshire and Hertfordshire, and burning the town of Northampton. At the peak of this orgy of carnage, they took the archbishop of Canterbury prisoner along with many inhabitants of the town. The archbishop was imprisoned for several months, and then executed on 19 April 1012; the other captives were presumably sold into slavery. ...

"Æthelred 'the Unready' had been king of the English since 978, and was a descendant of the West Saxon line of Alfred the Great who had reconquered the various kingdoms of Anglo-Saxon England after the Viking raids of the ninth century. Despite the unfortunate byname that history gave to him, Æthelred appears to have been a strong and effective ruler, and more ill-counselled (as the Anglo-Saxon *unræd* means) than not up to the task. However, he was powerless in the face of such large and mobile forces, and had to resort to paying the bulk of the invaders off and hiring the remaining crews of forty-five ships under Thorkell the Tall to stay on as mercenaries in his service. Within months the weaknesses of this arrangement were tested and found wanting, as early in 1013 Swen and Cnut's vast fleet appeared, and the English, broken, beaten and at the end of their tether, capitulated to Swen's seizure of power. ...



"It is crucial to note that Swen's arrival in 1013 was quite different from that of the other Scandinavian raiders, including several earlier attacks in which he appears to have played a part. Here his aim was conquest not raiding. He sought to seize control at the level of central and local government and permanently rule the country, rather than just raise wealth through pillage and ransoms. ... From the English perspective, Swen's Christianity must have set him apart from many previous Viking raiders, and may have made him a more palatable figure to accept as an overlord."

Submitted by Elaine Becker, friend of the Blåfjell Lodge

=====
Language Lessons 20: Wander out into the community

Phrases	Pronunciation	English
Det er vår, la oss gå en tur	deh aer vohr lah ohss goh ehn tewr	It is spring, let us go for a walk.
Sola skinner, og trærne er grønne.	soo-lah sheen-nehr oh traer-neh aer gruhn-neh	The sun is shining, and the trees are green.
Naboen, herr Olsen, er ute og raker løv.	nah-boo-ehn haerr ool-sehn aer ew-teh oh rah-kehr luhv	The neighbor, Mr. Olsen, is out raking leaves.
Fru Olsen planter stemorsblomster.	frew ool-sehn plahn-tehr steh-moors-blohm-stehr	Mrs. Olsen is planting pansies.
Barn leker i parken.	bahrn leh-kehr ee pahr-kehrn	Children play in the park.
Vi går forbi bryggeriet og museet, ned mot kaia.	vee gohr fohr-bee bree-geh-ree-eh oh mew-seh-eh neh moot kai-ah	We pass the brewery and the museum, down towards the dock.
Hurtigruten ligger der og laster.	hewr-tee-roo-tehn leeg-gehr daer oh lahs-tehr	The coastal steamer is there loading.
Vi går ombord og bestiller kaffe og lefse i kafeteriaen.	vee gohr ohm-boor oh beh-steel-lehr kahf-feh oh leh-f-seh ee kahf-feh-teh-ree-ah-ehn	We go onboard and order coffee and lefse in the cafeteria.
Det smaker deilig.	deh smah-kehr dai-lee	It tastes wonderful.
Hurtigruten skal videre; vi går i land.	hewr-tee-roo-tehn skahll vee-deh-reh vee gohr ee lahnn	The coastal steamer is ready to leave; we go ashore.
Storgata er full av travle mennesker.	stoor-gah-tah aer fewll ahv trahv-leh mehn-nehs-kehr	Main Street is full of busy people.
Alle mulige forretninger finnes her:	ahl-leh moo-lee-eh fohr-reht-neeng-ehr feen-nehs haer	All kinds of stores are here:
slakter,	slahk-tehr	butcher,
bokhandel,	book-hahn-dehl	book store,
På veien hjem stopper vi innom nærbutikken.	poh vai-ehn jehmm stohp-pehr vee een-nohm naer-boo-teek-kehrn	On the way home, we stop at the corner grocery store.
Vi kjøper melk, brød og en iskake.	vee kjuh-pehr mehllk bruh oh ehn ees-kah-keh	We buy milk, bread, and an ice cream cake.
Sola skinner fremdeles.	soo-lah sheen-nehr frehm-deh-lehs	The sun is still shining.
Hvis det ikke kommer regn,	veess deh eek-keh kohm-mehr rain	If rain does not come,
vil sola skinne i flere uker uten stopp.	veell soo-lah sheen-neh ee fleh-reh oo-kehr oo-tehn stohpp	the sun will shine for several weeks without stop.

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

Viking Day at Faith Christian
Friday, November 3rd



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

December 9, 1-3 pm **Yulefest Annual Dinner and St. Lucia procession**
Location: College Lutheran Church

December 13 **St. Lucia Festival at St. Andrews Catholic Church**
Contact person: Cheri Johnson

MARK YOUR 2017 CALENDARS NOW

THIRD DISTRICT UPCOMING EVENTS

Hampton Roads Lodge 3-522, Hampton Roads, VA

Scandiavian Christmas Bazaar

November 4 @ 9:00am – 3:00pm

Francis Asbury United Methodist Church Fellowship Hall; Enjoy traditional Norwegian food, Viking Longboat with Viking reenactors, Norwegian bakery, Children's Activity Center, and great vendors

For more information call 757-631-0362

Restauration Lodge #3-555 Wallingford, PA

A Play about the Voyage of the Sloop Resturasjonen

November 10 @ 7:00 pm - 9:00 pm EST

Member and playwright Nickie Smith presents a play entitled "The Voyage of the Sloop Resturasjonen". Questions? Contact William Taylor at awtou@aol.com.

Lodge Bondelandet 3-612, Lancaster, PA

Selburose Show "n" Tell night

November 17 @ 7:15 pm EST

Members are asked to bring items from home with the iconic Nordic design, the Selburose, and tell a little about them. Guests welcome. Questions? Jeanne Addison

Små Snakk 3-541, Jacksonville, FL

Thanksgiving dinner

Friday, Nov. 17 @ 7 p.m

It's Thanksgiving so join us at Shepherd of the Woods Lutheran Church for a traditional Thanksgiving dinner. Please arrive by 6:30 p.m. for registration and visiting. Dinner will be served at 7 p.m. We have a menu fit for all hungry Vikings that includes roasted turkey prepared by two of our member chefs, dressing, mashed potatoes, gravy, vegetables, sweet potato casserole, buns and dessert. Assorted beverages will be available. DONATION: \$15 per person; Children age 16 and under are free.

R.S.V.P: Kent Larson at kmlmal@bellsouth.net or home phone at 260-4064 by Thursday noon, Nov. 16.

Washington Lodge #3-428, Washington DC

Vikings in the Irish Sea

November 18 @ 4:00 pm EST

Dr. Jennifer Paxton, Professor and medieval Historian at Catholic University, will speak about Viking history, focusing on the Scandinavian influence in Ireland and Scotland.

Light refreshments follow the presentation. Non-members welcome, too. If you plan to bring children, email programs@norwaydc.org so activities can be planned for the children.

Norden Lodge 3-407 Huntington Station, NY

November Turkey Dinner

11/18/17 @ 5:00 PM-10:00 PM

Turkey, stuffing, mashed potatoes, sweet potatoes, green beans, brussels sprouts & pumpkin pie!

\$15 per person. An absolute bargain! And a lot of fun. Happy Hour at 5:00pm. Dinner at 6:30. Stay and play bingo following dinner. Contact Joyce Taute for reservations at 253-922-2426 or joelta@comcast.net.

**BERNT BALCHEN LODGE #3-566, Rowland, PA
LAPSKAUS LUNCHEON**

Nov. 19, 2017 (Sun.) 1:00 PM - 2:00 PM

Regular business meeting. We will be selling Norsk food and craft items. Member Attendance Drawing; 50/50 Raffle; Desserts, coffee and tea.

**65th Third District Lodge Meeting and Convention
JUNE 4-9 2018**

Radisson Hotel, 110 Vanderbilt Parkway

Hauppauge NY 11788

Sailing forward Sharing our Heritage & Culture

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!!

