



# SONS OF NORWAY

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

**December 2022**

**BLA FJELL LODGE SUPPORTS A DEMENTIA FRIENDLY SOCIETY**

Newsletter is sent Saturday two weeks before a meeting. Input is due the Thurs before it goes out.

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***Administrative officers:***

***Co-President: Sharon Rohrback 540-774-0006; cell ph: 540-521-1384***

***Co-President: Cheri Johnson 540-556-3611 cell phone.***

***Vice President: vacant***

***Treasurer: Cheri Johnson 540-556-3611 cell phone.***

***Corresponding Sec'y: Kathy Clark 540-977-2349***

***Recording Sec'y: Marilyn Barrier -1-972-697-6096***

***Membership Sec'y: Joann Barfield 540-380-2926***

***Editor: Sharon Rohrback 540-774-0006; cell ph: 540-521-1384***

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**Blå Fjell's website: [sonsofnorwayblafiell.org](http://sonsofnorwayblafiell.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 (except when special events.)

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

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

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**NEXT MEMBER MEETING**

**JULEFEST**

**December 10, 2022, 1-3 pm College Lutheran Church**

**Bring your canned goods for Salem Food Pantry.**

This will be our last collection of SON TUBFRIM stamps – see Joann Barfield message below

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**EVENT CALENDAR**

**12/10/2022 1-3pm at CLC. Julefest** will be so much fun. Full meal of Nordic food, St. Lucia Celebration, Finnish Santa, Singing, and Dancing around the Christmas Tree.

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**MEMBER NEWS**

**DECEMBER BIRTHDAYS**

Cheri Johnson 12/8 Helene DeVries 12/23

**PRAYERS**

--**Arne Olsen passed away.** Prayers of comfort for the family of Arne Olsen. It is with sadness that we report the death of charter member and longtime Finance Director and former President Arne F. Olsen, last Friday, November 18, from a long-standing lung disease. Contact information for wife Becky to be forwarded later.

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**BLA FJELL LODGE JULEFEST**  
**Saturday, December 10, 2022, 1-3 PM**  
**College Lutheran Church Fellowship Hall**




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**St. Lucia children's procession, plenty of food, singing around the Juletree, Santa Claus.**

**Food:** Brought by all to share. The Lodge will provide Lutefisk, Lefse, Pork Tenderloin, Salmon, Meatloaf and Potatoes.

**Cost for the meal:** above age 12 \$5.00; age 3-12 \$3.00, age 2 and below free.

**RSVP by Dec. 7** TO Sharon Rohrback (540) 521-1384 cell phone; email slrohrback@aol.com.

**to volunteer at the event for setup and/or cleanup**

**to state how many are attending**

**to state the side dish you will provide (salad/vegetables especially needed)**

No reservations are needed, but your information helps us plan seating required and food quantities.

**NEW THIS YEAR..How about a sock exchange?** Last year I (Cheri) received 2 pairs of woolen socks from my dear friend in Norway. It was so much fun wearing them all year long! It inspired me to give my own family members a pair of socks for Christmas. It is cold in Norway in winter, and they usually shed their shoes in the door entry and put on socks! So, at this Julefest, we will have a beautiful Norwegian tree set up and presents with socks in them.

We are asking each person to bring a pair of new socks, wrapped, and labeled...men, women, child.

After we dance around the Christmas tree, we will each choose a gift from under the tree. Thank you for sharing in this fun activity! **Remember... One pair of socks, wrapped, and labeled per person**

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## WORDS OF WISDOM

Shared by member Robin Lambert




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### **BLA FJELL BOARD MEMBERS ELECTED FOR 2023-2024 term on Nov. 19, 2022**

The below officers were unanimously elected at our November 19, 2022.

Installation will be done in January 2023. February if we must reschedule due to bad weather.

President: Cheri Johnson

Vice-President: vacant

Treasurer: Cheri Johnson

Co-Treasurer: JoAnne Stephens-Forrest

Corresponding Secretary: Kathy Clark

Recording Secretary: Marilyn Barrier in 2023

Membership Secretary: Joann Barfield

Fraternal Gives Database Administrator: vacant

Counselor: Sharon Rohrback until April 1.

Co-Editor #1: Joann Barfield

Co-Editor #2: Karen Rice

Foundation Director: Annita Nelson

Co-Cultural Director #1: Jo-Anne Stephens-Forrest in 2023

Co-Cultural Director #2: Lucy Hochstein in 2023

Music Director: Annmarie Drake

Children's Activities Director: Cheri Johnson

Webmaster: Vernon Ferguson

Facebook Administrator posting entries: Robin Lambert for as long as possible in 2023; now living in Tennessee.

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### **FOR DISTRICT 3 NEWS: [www.3dsofn.org](http://www.3dsofn.org).**

Open Menu tab. Select document from pull-down menu.

Third District TDT is sent Quarterly...President's Message Monthly; Blog shows many interesting posts including our Blå Fjell lodge newsletter (we are trying to shorten length of our newsletters, so in most cases we will provide the links instead of printing the full articles. Sharon Rohrback, Editor)

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### **LODGE PRESIDENT MESSAGE**

**The above Blå Fjell Board members were elected at November 2022 meeting and will** officially take office when installed by Assistant District 7 Director at January 28, 2023, meeting.

**NEEDED:** Worthy Cause recipient of Blå Fjell's Worthy Cause money collected 2022. Please give Cheri Johnson the names of a family you would suggest.

**November meeting.** At our last meeting in November, our lodge and 3 guests learned about Christmas in the 5 Nordic countries and the Sami in the Northern Cap. We also saw pictures of the outfits these Santas and 13 Lads wore to deliver presents. We enjoyed trying to sing some Nordic Christmas songs with Annmarie playing the piano and Joan singing. It was a full program, but there was still time for cookies and recipes for all. Thank you to Lucy, Jo, and Cheri for research and to the cookie bakers: Larry, Karen, Annmarie, Joann, Kathy, Sharon and Cheri. We would have extra handouts at the Julefest if you missed this program.

Our lodge's participation in Roanoke Catholic School's culture fair was cancelled.  
We provided display items from Norway for Erin Lynch (parent) to set up a display for the fair. Unfortunately, two days before the event her sons got the flu. Erin Lynch and her mother (Norwegian heritage) hope to attend Julefest.

From co-Presidents Cheri Johnson and Sharon Rohrback

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### **MINUTES OF NOVEMBER 2022 MEETING.**

Social and snack time started at 1:15.

SON Lodge meeting was called to order by President Sharon Rohrback at 1:30.

Fifteen members and six guests were present.

Pledge and anthems were sung.

The vote on candidates for 2023-2024 election took place with no additions or changes. Larry Norman accepted the list and Marilyn Barrier second vote. A quorum was present and motions were carried out.

Treasury Report was given by Cheri Johnson and approved.

Membership Chairman Joann Barfield introduced two of our guests who responded from our advertisement in Senior News and Salem Times Register.

Worthy cause purse was passed around. Signup sheets were distributed for JULEFEST on December 10.

Discussion took place regarding a sock exchange. Each member was asked to bring one pair wrapped and labeled then would be put under the Christmas Tree. Everyone thought it was a good idea.

Our Program was given by Cheri Johnson, Lucy Hochstein, Jo Stephens-Forrest (in her absence, Lucy read Jo's presentation), and Annmarie Drake leading us in a song to be sung at Julefest. Cheri's presentation was on Christmas in five Nordic Countries and Lucy's presentations were on SAMI Christmas and outfits of Santa in Nordic Countries. All were very interesting and enjoyed by all.

Cheri Johnson also explained about cookies from Scandinavia Countries that members baked. We were able to sample them and also received the recipes. They all were very delicious.

Prayers for a safe holiday and safe travel was given by Sharon Rohrback.

Meeting was adjourned at 3:15.

Respectfully submitted by  
Marilyn Barrier, Recording Secretary.

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**MEMBERSHIP SECRETARY MESSAGE.**

What a wonderful meeting we had on November 19! Cheri OUTDID HERSELF in preparations, especially in the seasonal decorations and an abundance of seasonal food.. also, with the help of the Cultural Team and members present, for the program on the Christmas Traditions of all five Nordic countries.. and the participation of ALL the members who brought the delicious Traditional Seven Cookies .. more than enough for everyone to take some home!

Another highlight was the presence of two ladies in response to our ad in the Senior News and the Salem Times Register/associated papers .. Patricia (Trish) Morris from Daleville and Donna Smith from Eagle Rock; both expressed an interest in joining .. we also welcomed Jeremy Nelson, Annita's grandson.

We hope to see more prospective members at our upcoming JULEFEST .. just two short weeks away! Be sure to get your RSVP's in to Sharon ASAP, with a note on the dish you are bringing and the help you will give with setup and clean-up .. and in between! Feel free to bring guests, especially if prospective members. I wish you a most Blessed Advent Season and Christmas!

Joann Barfield, Membership Secretary

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**NORWAY TUBFRIM PROJECT HAS BEEN DISCONTINUED**

**Many thanks to all of our Blå Fjell members who have so generously collected and turned in the TUBFRIM stamps over these many years! I will forward our last box of TUBFRIM stamps before the New Year 2022/2023. Joann Barfield**

**Tubfrim is closing, as their notice states:**

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**TUBFRIM in Nesbyen has been decided to be closed.**

The owner of TUBFRIM, the National Association for Public Health, has decided this week to shut down Tubfrim's operations from the summer of 2023.

**The ordinary operations of TUBFRIM will therefore cease from 22. October 2022.**

TUBFRIM will continue to accept all used stamps until the New Year 2022/2023, while alternative solutions are being worked on.

The society is digitizing, and the amount of collected stamps has decreased drastically. The last five years, 2017-2021, shows that it will be difficult to produce surplus in the coming years. Therefore, the decision to discontinue operations is necessary.

**History:**

TUBFRIM was established in 1928 at Nesbyen by postmaster Ditlef Frantzen. TUBFRIM would collect and sell used stamps. The profits should be used for tuberculosis work among children in Norway. TUBFRIM was transferred to the National Association for Public Health in 1947. TUBFRIM built its own stamp house, Solstad, in 1958. At most, 14 people worked at TUBFRIM. Collection of stamps and other philateli has always been the main activity, although both Telecards and postcards have been additional products in later decades.

There have also been changes to what the profits will be used for. Today, the profits go to health and well-being measures for children and young people in Norway, and to the fight against tuberculosis. From 1928 until 2021 TUBFRIM has distributed NOK 26 million to approximately 2700 good measures.

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**CULTURAL DIRECTOR MESSAGE**

The cultural program for December is the Julefest celebration.  
Lucy Hochstein and JoAnn Stephens-Forrest, co-directors

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**DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE**

Becky and Cheri are working on Children's Activity Bags. They will be ready to hand out to children attending.  
Cheri Johnson, Director of Children's Activities

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**ARTICLES/LINKS OF CULTURAL INTEREST****THE NORDIC REGION EXPLAINED**

*From Life in Norway Weekender e-mail from [david@wordsofnorway.com](mailto:david@wordsofnorway.com), November 11 issue.*

(Sharon receives these free emailed Life in Norway newsletters: weekly issue on Tuesdays, and the Weekender issue on Friday.

Region consists of five countries: Denmark, Norway, Sweden, Finland, and Iceland. Although not countries in their own right, the Faroe Islands, Greenland, and Åland Islands are also included in the definition. The combined population of the Nordic region is around 27 million.

**Read more: [The Nordic Region Explained](#)**

**TROLL A – THE TALLEST STRUCTURE EVER MOVED BY MANKIND***(from Bla Fjell lodge Facebook posting. Robin Lambert sent additional information to me.)*

The move took place in 1996. Located about 80 km off the west coast of Norway 'Troll A', is a colossal natural gas platform and the tallest structure ever moved by mankind. This platform was operated by Statoil and was towed over 200 km from the village of Vats to the North Sea. The event was a televised sensation in Norway.



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\*\*\*\*\***RECIPE - DANISH BUTTER COOKIES**\*\*\*\*\*  
(from +Larry Norman)

**1 lb. butter, softened**  
**1 teaspoon salt**  
**1 teaspoon vanilla**

**2 cups sugar**  
**4 cups flour**  
**1 egg**

Roll dough into 2" log. (Use center cardboard from paper towel roll and saran wrap).  
I sprinkle colored sugar around the rolls. Refrigerate 2 hours. Cut into 1/4 "thick slices.  
Bake at 375 degrees for 10 minutes. Cool a little on baking sheet, then move to cooling racks.  
Very good – taste like shortbread cookies. Simple to make.

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\*\*\*\*\***RECIPE MEMORY FROM 1958**\*\*\*\*\*

*(from Sharon Rohrback. Text copied from Reminisce magazine December/January 2023 issue.  
Note to subscribers: the magazine is discontinuing due to costs, this is the last issue of Reminisce. The last issue of Reminisce Extra will be in January 2023.)*

**SOUPED UP – article by Nancy Herrick.**

*(I did not copy picture of Campbell's Soup can but the bolded text below it. The rest of this article is typed with exact wording.)*

**Cooking with canned goods became a part of the 1950s convenience food trend and Campbell Soup Co. is ready with tips for busy homemakers.**

**HOME ECONOMISTS** under Carolyn Campbell devise hundreds of recipes for the 1958 pamphlet Wonderful Ways with Soups. In her introduction, Campbell declares canned soup is handy “for every hour, every purpose: for low-calorie and high-calorie diets; for the 1-year old and for Gramps.” The 64-page booklet includes recipes for Jellied Tongue Salad, Prune or Apricot Upside down Cake, Mincemeat Cake, and Chicken and Eggs on Beans. It also has a version of Tomato Soup Cake, a recipe with roots to at least the 1920s that has proved surprisingly resilient. Variations of it on the company's website get some 65,000 hits every year.

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**LINKS are on this and the next page.**

**LINKS**

**TO SON International. THIRD DISTRICT. 3D ZONE7 LODGE's and INTERNATIONAL NEWS:**

\*\*\*\***For Sons of Norway International news:** [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com) (sofn.com)

\*\*\*\***Third District President message:** [www.3dsofn.org](http://www.3dsofn.org)

Third District Today news: [www.3dsofn.org](http://www.3dsofn.org) for all the news.

Third District Lite news: expect this from e-mail message

Third District Events Calendar:[www.3dsofn.org/newsletter/index.html](http://www.3dsofn.org/newsletter/index.html)

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

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**3D (Third District) ZONE 7 LODGES**

**Blå Fjell Lodge 3-646** meets in Salem, VA: Website  
[www.sonsofnorwayblafjell.org](http://www.sonsofnorwayblafjell.org) or Facebook;  
[www.facebook.com/SonsOfNorwayBlaFjell](http://www.facebook.com/SonsOfNorwayBlaFjell)

**Hampton Roads Lodge 3-522** meets in Virginia Beach, VA: Website  
[www.hrson.org](http://www.hrson.org) or Facebook [www.Facebook.com/hrsons](http://www.Facebook.com/hrsons)

**Norsk Carolina Lodge 3-679** meets in Charlotte, NC: Website  
[www.norskcarolina.org](http://www.norskcarolina.org) or Facebook [www.Facebook.com/NorskCarolina](http://www.Facebook.com/NorskCarolina)

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**Norskevenner Lodge 3-678** meets in Roswell, GA:  
email [sofnvennekretsen@gmail.com](mailto:sofnvennekretsen@gmail.com) or Facebook [www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678](http://www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678)

**North Carolina Vikings Lodge 3-675** meets in Raleigh, NC: Website  
[www.northcarolinavikings.org](http://www.northcarolinavikings.org). There is no Facebook site..

**Southern Star Lodge 3-360** meets in Myrtle Beach, SC: Facebook:  
<http://scandinaviancelebrationmb/>

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**INTERNATIONAL NEWS links:**

For Royal Norwegian Embassy in Washington:  
[emb.washington@mfa.no](mailto:emb.washington@mfa.no) For Nordic News from the Icelandic Embassy: <http://www.iceland.is/us>  
For NEWEST NEWS: New newspaper ... Welcome to Norway Today:  
[www.norwaytoday.info](http://www.norwaytoday.info) For FULL LISTING OF EVENTS around the U.S:  
[www.norway.org/calendar](http://www.norway.org/calendar)

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**TRAVEL INFORMATION FOR NORDIC COUNTRIES:** (for free travel information,  
you now must retrieve the information online. Free packets are no longer provided.  
I verified I could successfully open the below links. Once open, each link had its own  
method to get at the various information. Sharon Rohrback

[www.visitdenmark.com](http://www.visitdenmark.com)[www.visitfinland.com](http://www.visitfinland.com)  
[www.inspiredbyiceland.com](http://www.inspiredbyiceland.com)[www.visitnorway.com](http://www.visitnorway.com)  
[www.visitsweden.com](http://www.visitsweden.com)

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***PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!***  
***For the Love of Norway!!***

