



SONS OF NORWAY

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

January 2023

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.

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

Blå Fjell's website: sonsofnorwayblafiell.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 (except when special events.)

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

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

NEXT MEMBER MEETING:

JANUARY 28, 2023

1-3 pm College Lutheran Church

INSTALLATION OF NEW BOARD OFFICERS

Program: Introducing a new monthly series of Norwegian language and music by Annmarie Drake .. DON'T MISS IT!

Bring your canned goods for Salem Food Pantry and cancelled stamps for Tubfrim (see article below re: continuance of Tubfrim program)

THOUGHT FOR THE DAY

"The sun himself is weak when he first rises, and gathers strength and courage as the day gets on."

Charles Dickens

EVENT CALENDAR FOR 2023

(only Bla Fjell meetings and events will be listed) (event chairs to be determined)

<u>Jan 28, 2023:</u>	1-3 pm Meeting at CLC. INSTALLATION OF OFFICERS. Followed by .	
	Two brief presentations: Annmarie Drake introduces method she uses to learn Norwegian language and music; and Heritage Time by Sharon Rohrback	
<u>Feb 25, 2023:</u>	1-3 Meeting at CLC.	Program by Cultural Directors and team.
<u>Mar 25, 2023</u>	: 1-3 Meeting at at CLC.	Program by Cultural Directors and team.
<u>April 22, 2023</u>	: 1-3 Meeting at CLC	Program by Cultural Directors and team.
May 20, 2023:	9am-5pm Event	Local Colors event in lieu of meeting
June 3, 2023:	8am-2pm Event	Yard Sale Fundraiser at home of Cheri Johnson
June 24, 2023:	1-3 Meeting at CLC.	Program by Cultural Directors and team
July 22, 2023:	time tbd Social Picnic	at home of Joann Barfield
Aug 2023:	MONTH OFF	
Sept 23, 2023:	1-3 Meeting	Nordic Auction Fundraiser
Oct 7, 2023:	time? Event	SON Third District New World Service Day
Oct 28, 2023:	time? Event	Bla Fjell 27 th Anniversary (place to be determined)
Nov 18, 2023:	1-3pm Meeting at CLC	Program by Cultural Directors and team.
Dec 9, 202:	1-3pm Event at CLC	Julefest

INSTALLATION OF NEWLY ELECTED BLA FJELL BOARD AT THIS MEETING.

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

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.

FOR DISTRICT 3 NEWS: 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)

SUMMARY OF BLA FJELL YEAR 2022 spans two pages

Blå Fjell Lodge has been blessed with several members who have actively taken roles in offices or events for many years. We have implemented the use of teams to assist.

Lodge officers were elected in November 2022, for the term 2023 and 2024. A few requested to serve just the first year (2023) so the lodge will have to fill vacancies for 2024.

Sadness: In November 2022 we mourned the death of Arne Olsen: charter member, former lodge president, and lodge financial Secretary for several years.

Accomplishments: We approved the line-item budget for 2022. We rejoiced that we could now resume in-person meetings at our host church, College Lutheran Church in Salem, VA.

At each meeting, members brought canned goods for Salem/Roanoke Food Pantry and stamps for Tubfrim. The Tubfrim project was thought to be discontinued by Norway as of end-December 2022; later we were informed that it is to be continued.

Blå Fjell lodge gained 3 new members in 2022. SON approved our request for Lodge Vitality Grant funds to attract adults and children to learn about, and hopefully join, our lodge. This grant helped pay for free children's activities at Local Colors, and for paid ads in five local papers.

In January and February, we did not meet because of covid restrictions.

In February, Cheri Johnson and JoAnn Stephens Forest taught children at Faith Christian about the Sami culture in the Northern Cap. Faith Christian is one of our Adopt a Schools.

On March 18th we adopted another school, Cornerstone Classical Academy. We supported their Nordic Day and their library with book donations.

In April, our lodge heard a presentation on the symptoms and stages of dementia. It was very informative and useful. The children's committee also met to make gnomes to sell at Local Colors in May.

In June, our program was on Identity Theft by the cultural team. It was an excellent program with helpful information and several handouts. We also met our college scholarship recipient for this area and learned about her college plans to be a nurse.

In July, we had our annual picnic at Joann's house. We not only ate great food, but we also shared our heritage with each other.

In September, we had another successful Nordic Auction with yard sale leftovers, and delicious baked goods. We all went home with new treasures.

In October, because of distance, we chose to individually participate in SON Third District's New World Service Day project established in honor of Leif Eriksson's birthday. Ten signed up to participate 6 completed his/her project by deadline. The others are doing ongoing volunteer work for a church or organization.

In October, we gathered to celebrate our 26th Anniversary dinner at the Quill restaurant. We all sat at a long table and enjoyed some social time together.

In November, we placed ads in 5 newspapers in the area to attract new members to our lodge. We were successful in that endeavor. We also had a lesson on Christmas in the 5 Nordic countries and recipes for

the 7+ kinds of cookies made in the Nordic countries. Members tasted the many kinds of cookies we discussed that day. Thank you to all the bakers.

In December, we had a real smorgasbord of wonderful meats, potatoes, breads, vegetables, salads, desserts, and a special rice pudding with the almond in the middle. We had fun eating real authentic Norwegian food, dancing around the Christmas tree, watching the Lucia celebration, receiving gifts from Santa (Joulupukki), and participating in a play. This year we had our first sock exchange, so there were gifts around the Christmas tree. It was a celebration for a good year at Bla Fjell Lodge!

VERY GOOD FINANCIAL YEAR FOR 2022

2022 was a very good year for our Bla Fjell lodge. We surpassed our goals in 2022 in 5 areas: Local Colors, Annual Yard Sale, Nordic Auction, Julefest attendance, and donations to our Worthy Cause. We had a profit at the end of the year for \$683.87. Our lodge is always so gracious in their donations, and I thank each and everyone of you for your support.

PAPER LODGE MEMBERSHIP APPLICATION CORRECTION

On printed, paper lodge membership applications, there is a section requesting a credit card number. Cross that section out on your forms if your lodge still has some paper applications. It is no longer to be used. The only way that new members can pay their membership dues by credit card is by going to the Sons of Norway website and registering online. This change is being done for credit card security reasons. If a new member or renewing member wants to use a paper application, they must write a check payable to "Sons of Norway" and cannot pay by credit card.

LODGE PRESIDENT MESSAGE

--A recipient of our 2022 Worthy Cause collection was identified and check sent.
 --Bla Fjell lodge met the December 31, 2022, deadline for submitting a) D63 reporting lodge officers for term 2023-2024, and b) submitting request to SON Foundation to approve Lodge Vitality Grant. The amount was increased because of the high cost of placing ads in five local papers. Placing ads last year resulted in 4 new members.
 --Planning Meeting was held January 9, 2022 attended by Board members and anyone else who wished to attend. We approved 2023 budget of \$2,400.00 and determined meeting and event dates. More detail will follow as events approach.

Cheri Johnson and Sharon Rohrback, co-Presidents until January installation.

MINUTES OF DECEMBER 2022 JULEFEST

There are no minutes for this event.

Respectfully submitted by
 Marilyn Barrier, Recording Secretary.

MEMBERSHIP SECRETARY MESSAGE.

Godt Nyttår to all, with hopes that you enjoyed your holiday break! We enter the New Year with great encouragement over our successful Membership Campaign (our new members), but also renewed commitment; our January Planning Committee set a goal for 2023 of FIVE new members, and we look forward to some exciting new programs to involve ALL of our membership!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

The cultural program for January **will be the first in a monthly series of Norwegian language and music lessons by Annmarie Drake**

.. Lucy Hochstein and JoAnn Stephens-Forrest, co-directors

DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE

In December the children's committee was delighted to be able to give Ziplock bags to our children at the Julefest. The bags were filled with a new box of crayons, colored pencils, magic markers, and various activities to do at their tables. The activities were about Norway, the Vikings, and Christmas traditions in Nordic countries. The children were all very busy completing these activities. The children's committee intends to continue this for next year.

Cheri Johnson, Director of Children's Activities

TUBFRIM PROGRAM

Last week I put in the mail to our Tubfrim coordinator what I thought was our LAST collection of stamps. I had a call on New Year's Day from Kjell Kittelson, in the Faeder Lodge in Brooklyn, to thank me for them, and he reminded me that there is a possibility that this is NOT the last .. they are in the process of negotiating with another resource to continue the program. **Let's continue collecting! .**

The Tubfrim program, established in 1928 by Postmaster Ditlef Frantzen in Nesbyen, for the collection and sale of used stamps, with the proceeds to aid the eradication of tuberculosis among Norwegian children, has donated over **23 million NOK** to charity! Today the profits are used to help children and youth with disabilities and handicaps in Norway and to finance the efforts to eradicate tuberculosis.

Again, sincere thanks to those of you who loyally send stamps and telephone cards. **A reminder to trim the stamps to 1/2-inch margin before turning them in to Joann Barfield. Damaged stamps and phone cards are worthless and are to be thrown away. If more than 50 years old, please do not cut off the stamp but send in the whole postcard/envelope. For more information, go to www.tubfrim.no.**

Joann Barfield, Membership Secretary

ARTICLES/LINKS OF CULTURAL INTEREST**(Two articles)**

NORWEGIAN JULEFEST 2022 pictures submitted to Dirk Hansen to the upcoming TDT. Norwegian Yulefest was today for Sons of Norway! We had fun! Proud of my grands for being Santa's helpers and St. Lucia's. Today Makenzie wore the fire.... Real candles and flames to represent the girl who loved helping the poor people in the sewers of Italy, where it was dark, and bringing them bread. She died for her Christian act. 1000 years later, the starving people of Sweden thought St. Lucia had come to save them. They survived and remember her with a special day every year! St. Lucia day! Dec. 13th every year!



BLA FJELL PRESENTATION ON NORDIC CHRISTMAS TRADITIONS

Cheri Johnson teaching at Cornerstone Classical Academy

Bla Fjell Lodge's second school in SON Adopt a School Project

Thursday, Nov. 30, 2022

So much fun last Thursday teaching my students about St. Lucia and the many faces of Santa including the Finnish Santa Joulupukki! 🌲 They loved the stories, trying on clothes, and eating Swedish Fish and Pepperkaker cookies! I love working with my students at Cornerstone Classical Academy! ❤️ They love to learn, listen carefully, spend time with Jesus every week, 🕊️ and have fun! It is such a "joy" that I am blessed with every Thursday! 🙏



HUMOR

*(Shared by Sharon Rohrback's cousin. From Awesome Librarians Facebook post.
Poster based in Lithuania*



RECIPE – FISHBALLS IN WHITE SAUCE

(copied from Norden Lodge December 2022 newsletter). (as promised, the newsletter said)

FISHBALLS IN WHITE SAUCE RECIPE

Ingredients: 1 Large Can Norwegian fishballs,
3 tbsp. butter, 3 tbsp. flour, 2 Cups of Whole Milk,
Content of Fish Broth from Can, Salt, Curry to taste

Directions: Melt the butter in the pot. Add while Stirring flour, milk & broth a little at a time. Add salt to taste while bringing slowly to a boil for 5-8 minutes. Add more flour to thicken (should not be too thick). After boiling turn down the heat and add the drained fish balls in can to the sauce, do not boil. If desired add Curry powder to taste (I prefer to) and stir.
(Add same amount of ingredients for each large can used).

Potatoes usually accompany the Fishballs. Boil in salted water until a fork can easily enter the potato. Drain the remaining water, place pot back on the stove (on low setting) and steam dry.



LINKS

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

****For Sons of Norway International news: sonsofnorway@sofn.com (sofn.com)

****Third District President message: www.3dsofn.org

Third District Today news: 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

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

3D (Third District) ZONE 7 LODGES

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

Hampton Roads Lodge 3-522 meets in Virginia Beach, VA: Website
www.hrson.org or Facebook www.Facebook.com/hrsons

Norsk Carolina Lodge 3-679 meets in Charlotte, NC: Website
www.norskcarolina.org or Facebook www.Facebook.com/NorskCarolina

Norskevenner Lodge 3-678 meets in Roswell, GA:
email sofnvennekretsen@gmail.com or Facebook www.facebook.com/Sons-of-Norway-Roswell-Georgia-NorskeVenner-Lodge-3-678

North Carolina Vikings Lodge 3-675 meets in Raleigh, NC: Website
www.northcarolinavikings.org. There is no Facebook site..

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

INTERNATIONAL NEWS links:

For Royal Norwegian Embassy in Washington:
emb.washington@mfa.no For Nordic News from the Icelandic
Embassy: <http://www.iceland.is/us>

For NEWEST NEWS: New newspaper ... Welcome to Norway Today:
www.norwaytoday.info For FULL LISTING OF EVENTS around the U.S:
www.norway.org/calendar

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.comwww.visitfinland.com
www.inspiredbyiceland.comwww.visitnorway.com
www.visitsweden.com

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!

