



# SONS OF NORWAY

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

### *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*

Blå Fjell's website: [sonsofnorwayblafiell.org](http://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 Gathering: October 22, 1:00-3:00 pm**

**Program: 26<sup>th</sup> Anniversary Celebration luncheon**

Bring your saved stamps for SON Tubfrim and your canned goods for Salem Food Pantry.

Thank you to the Membership Committee calling team for phone call reminders before each mtg.  
 CLC means College Lutheran Church.

**10/22/22 1-3 pm PROGRAM: 26<sup>TH</sup> ANNIVERSARY CELEBRATION Luncheon**  
**LOCATION: The Quill Dining Room in the Town Center, Richfield Living, 3730 Richfield Lane, Salem. MENU with costs on page 4.**  
 Jo Stephens-Forrest will tell of her Sami visit in Duluth. Sharon will announce candidates for November election.

11/19/22 1-3pm at CLC. Election of Officers for 2023-2024. Program: Special Christmas Traditions, Dinners, Cookies, and Desserts of Nordic Countries.

12/10/22 1-3pm at CLC. Julefest full meal of Nordic food, St. Lucia Celebration, Finnish Santa, Singing, and Dancing around the Christmas Tree. Food: brought by all to share.

*Note: Cheri stated St. Andrews Catholic Church is not having St Lucia concert this year.*

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**MEMBER NEWS**

**October Birthdays**

There are no member October birthdays

**Prayers**

--Prayers of healing for Janis Hagen after successful eye surgery.  
--Prayers for all people affected by Hurricane IAN throughout the states of Florida, Georgia, South and North Carolina, and Virginia.

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**WORDS OF WISDOM**

*(From a Facebook posting shared by members Robin Lambert and Joann Barfield)*

IF THE MOUNTAIN SEEMS TOO BIG TODAY, THEN CLIMB A HILL INSTEAD.

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**SAVE THE DATE.  
OCTOBER 22 LODGE 26<sup>TH</sup> ANNIVERSARY LUNCHEON.**

**YOU ARE CORDIALLY INVITED TO ATTEND  
THE 26TH ANNIVERSARY LUNCHEON  
SONS OF NORWAY, BLAFJELL LODGE 3-646**

**SATURDAY, OCTOBER 22, 2022  
1:00 - 3:00 PM**

**THE QUILL DINING ROOM  
THE TOWN CENTER  
RICHFIELD LIVING  
3730 RICHFIELD LANE  
SALEM, VA 24153**

**Cocktails, Beer, and Wine  
will be available.**

**MENU FOLLOWS ON NEXT PAGE**

**NOTE:**

**The Potato Klubb appetizer is complementary,  
thanks to Chef Will.**

**menu choices with RSVP by October 15 to  
Joann Barfield, [mjghbarfield@gmail.com](mailto:mjghbarfield@gmail.com), (540) 380-2926**



**BLAFJELL ANNIVERSARY LUNCHEON MENU**

**Potato Klubb**

potato dumpling stuffed with pork, served with melted butter, garnished with  
parsley complements of Chef Will

**House Salad**

Mixed greens, tomatoes, cucumbers, carrot, red onion, served with  
choice of dressing 4

**Caesar salad**

Crisp romaine lettuce, croutons, sundried tomatoes, and asiago cheese crisp,  
dressed in housemade caesar dressing 4

**Grilled pork tenderloin**

with apple apricot piquant sauce 12

**Broiled lemon dill salmon**

13

**Side dishes include**

sweet potato mash, Hasseback potatoes, asparagus, or brussel sprouts 3

**Desserts**

**Drommekage**

Danish cream cake! moist sponge cake with carmelized coconut topping 4

**Brombaersnitter**

delicious jam in between two thin and crisp cakes 4

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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**

From co-Presidents Cheri Johnson and Sharon Rohrback

A big thank you to Joann Barfield and everyone who assisted her in determining publicity methods, including the cost of paid ads. We will use all free resources. We will use paid ads in Salem Times Register and Senior News for November and December to draw people to our special events.

Thank you to the ten members who signed up, at the September meeting, specifying a project to do for the October 7 Third District New World Service Day.

Thank you to all members who came to the Auction/Sale, brought items, bought items, added up their own tickets, and enjoyed a good time with food and laughter. Final total deposited was \$349.00.

We will have paid ads in the Salem Times Register and Salem News only to draw people to our special events. Our Julefest in December will be mentioned in the ads in both papers.

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**\*\*\*\*\*NOMINATING COMMITTEE MESSAGE\*\*\*\*\***

Nominating Committee is Sharon Rohrback (email [slrohrback@aol.com](mailto:slrohrback@aol.com), cell phone 540-521-1384) and Karen Rice (email [kar13ster@gmail.com](mailto:kar13ster@gmail.com), phone 540-597-9807)

**There are several vacancies. Let us know if you would be a candidate for those positions.**

**The candidates to date** (announced in October, voted on at November meeting) are:

President: Cheri Johnson

**Vice-President: vacant; need a volunteer candidate**

Treasurer: Cheri Johnson

Co-Treasurer: JoAnne Stephens-Forrest

Corresponding Secretary: Kathy Clark

Recording Secretary: Marilyn Barrier in 2023; **need candidate for 2024**

Membership Secretary: Joann Barfield

**Fraternal Gives Database Administrator: vacant; need candidate**

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; **need candidate for 2024**

Co-Cultural Director #2: Lucy Hochstein in 2023; **need candidate for 2024.**

Music Director: Annmarie Drake

Children's Activities Director: Cheri Johnson (a special Blå Fjell position; not an SON position)

Webmaster: Vernon Ferguson

Facebook Administrator posting entries: Robin Lambert as long as she is able in 2023.

**Need backup for 2023; need candidate for 2024**

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**MINUTES OF SEPTEMBER MEETING**

The Sept. 24, 2002 lodge meeting was held at College Lutheran Church, Salem, VA. Sharon opened the meeting by welcoming guests, Marie Pendleton and Joan Tsamas. Joann spoke on the Sons of Norway New World Service Day Oct. 7 and 8. Each member was encouraged to sign up for an activity to participate in. Cheri gave the treasurer's report. The lodge had collected \$115.00 for the worthy cause and mailed it to Alzheimer's Association. For the rest of the year, we will continue collecting money for the worthy cause and give it to a person in need. Cheri needs a co-treasurer to assist her with this office. Joann is working on advertisements in local papers about our lodge with the grant we received from Sons of Norway.

Our next meeting will be our 26th anniversary to be held at the Quill in Richfield. We had our anniversary dinner there last year. Joann needs reservations to be made by Oct.15. The dinner will be Oct. 22 from 1-3 PM.

Sharon Rohrback and Karen Rice served refreshments.

The Nordic auction, yard sale and bake sale were held following the meeting.

Our visiter, Joan Tsamas is joining our lodge. Welcome Joan!!!

Kathy Clark, secretary.

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**MEMBERSHIP SECRETARY MESSAGE.**

We celebrate our **26th anniversary on October 22 at The Quill Dining Room at Richfield Living!** Reservations and menu choices due in to Joann by October 15. Again, this is a good time to invite family, friends, and prospective members for a fine meal, fellowship, and some fun activities! In the meantime, we hope to have had 100% participation in the **Third District New World Service Day**, on which we will report at the Anniversary Luncheon.

The long-awaited **paid advertising**, going out in the Salem Times Register and Senior News (at the first of November) will highlight our November 19 meeting, which will feature Christmas traditions of the five Nordic countries, hopefully to attract some new members! The ad will also include a "mark your calendar" for our December 10 Julefest, which is SURE to attract some "newbies"!

Joann Barfield, Membership Secretary

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**CULTURAL DIRECTOR MESSAGE**

I (Jo Forrest) am doing the cultural program from my trip to the Sami Cultural Center in Duluth, MN  
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 in high hopes that visitors may be children in future meetings.

Cheri Johnson, Director of Children's Activities

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**SHORT ARTICLES/LINKS of interest.**

**Free Link to current Norway news. The link is david@wordsofnorway.com**

His Life in Norway documents contain both up-to-date and historical articles. The emailed document on Tuesdays is "Life in Norway" and on weekend as "The Weekender".

Kathy Clark mentioned this online e-mail news some time ago and Sharon has been accessing it for some time now.

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**Cod Liver Oil**

(Shared by Kathy Clark)

Something Fishy - Despite its slippery feel and pungent aroma - cod-liver oil is good medicine. Do you remember taking a spoonful each day? This was a standard thing in the winter to stay healthy. The Norwegian word for cod-liver is lysi which means light because the oil was used to light their homes. Lofoton still manufactures this today. Norway exports 442 metric tons of this oil annually. In the middle ages the cod liver oil was extracted by leaving liver in huge vats in the summer sun to ferment. It was widely used as a balm to treat injuries. In the 1700's a more efficient method was developed in which the livers were boiled in large cauldrons producing more oil. The smell of the boiling livers was created quite a smell as it wafted over coastal villages. In 1854 a more refined process was developed producing a purer oil.

Cod-liver is very healthy containing Vitamins A and D and omega-3 fatty acids. It was used to treat many diseases. Many people continue to take a daily dose in liquid or gel capsules. Today, in the fall, Norway advertises this supplement to prevent getting a cold and strengthen your health during the winter.

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**Icelandic Language Lesson.**

(from Facebook posting; shared by Sharon Rohrback)

Did you know that Björk, the famous Icelandic singer/songwriter, gets her name from the Icelandic word for birch? In Icelandic, "björk" is the word for a birch tree and its etymologically connected to English "birch". Her patronym, "Guðmundsdóttir", names her as the daughter of Guðmundur. The name Guðmundur can be translated as protection of God where "Guð" is cognate with English "god" and "mundur", meaning protection" is related to "mound" as mounds originally described embankments used for protection from flooding.-

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**An Interesting Observation from my Grandfather's Area of Iceland**

(from ICELANDIC ROOTS by way of Joann Barfield)

The Nobel Laureate Icelander Halldór Laxness visited the Vopnafjörður area, and his novel "Independent People" is believed by some to be inspired by it. He once said, "It's a pity we don't whistle at one another, like birds. Words are misleading." I can't help but think this place inspired that insight from him.

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**HUMOR**

**(from Ingebretsen's Sunday Funnies facebook post)**

Ole went to the appliance store sale and found a bargain. "I would like to buy dis TV," he told the salesman. "Sorry, we don't sell to Norwegians," he replied.

Ole hurried home and put on a hat and fake mustache, then came back and again told the salesman, "I would like to buy dis TV."

"Sorry, we don't sell to Norwegians," he replied.

"Darn, he recognized me," Ole thought.

Ole waited a few days, put on a complete disguise and approached the salesman again. "I would like to buy dis TV!" "Sorry, we don't sell to Norwegians," he replied.

Frustrated, Ole exclaimed, "How do you know I'm a Norwegian?"

"Because that's a microwave," he replied.

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**RECIPE – LUTEFISK**

A legend has that Viking fishermen hung their cod to dry on birch racks. When some neighboring Vikings attacked, they burned the racks of fish. A rainstorm blew in from the North Sea, dousing the fire. The fish soaked in a puddle of rainwater and birch ash for months before some hungry Vikings discovered the cod, reconstituted it and had a feast.

Today Lutefisk is a traditional food served at Christmas. Far more lutefisk is consumed in the USA than in Scandinavia.

**Lutefisk**

2 lbs. lutefisk

1/2 lb. butter

**Cooking Procedure**

Rinse fish in very cold water. Cut into serving size pieces. Tie the fish in cheesecloth for cooking since it is very tender and will fall apart. Place in cool salted water in a 4-5 quart sauce pan and bring to a boil. Cook for 10 minutes or until tender and translucent. Remove from water and serve with melted butter.

Lutefisk is traditionally served with boiled potatoes, green peas, melted butter and small pieces of fried bacon.

Should we have some at our Julefest in December? Let me know if you are hungry for Lutefisk. Kathy Clark

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**THIRD DISTRICT PRESIDENT STEPHEN HELMOLD MESSAGE FOR OCTOBER**

*(Even though these messages are very lengthy Sharon decided to print Mr. Helmhold's for the first few months. (otherwise go to [www.3dsofn.org](http://www.3dsofn.org) Open Menu tab. Select document from pull-down menu.)*

Fall is upon us and your Third District Board and its committees have been very busy working in all areas of District business.

The website committee met and determined that the district website was too old and recommended to the Board that a completely new website was needed, so I appointed a website search committee to get quotes (bids) from companies for what was needed for a user-friendly website that would allow us to add more things on as needed in the future. Cost for the new website will also be considered. This committee will choose the top 3 bids and refer those bids to the Board for a final decision.

Tom Bakos, Third District Youth Camp Director with Susan Olson, Third District Youth Director are working on having youth camp in summer of 2023. If you have children, grandchildren, nieces, or nephews of camp, age 8 to 16 years old, please consider having them attend youth camp so they can learn about their heritage and culture and make new friends.

Tom and the District Board are looking at sites for camp which would be in either New Jersey or New York. The final decision for the site will be decided at the Third District Board meeting at the end of October. Susan will be sending out letters to the lodges to see if there are any children that would like to attend camp. Please respond to her letter.

The By-Laws and Policy Review Committee have been busy updating the Third District by-laws and polices since the new International Constitution and By-Laws came out in mid-September. The International Constitution and By-Laws are available for you to view on the Sons of Norway website. The convention policy committee has been working on convention policies for potential host lodges/zones which will help them to know what is expected of them and what they can expect of the

District. This will be a big help going forward as the policy book for conventions needed to be brought up to date and clarified.

The Local Lodge Support Committee (Team) has met several times and is working on ways to help lodges that are struggling with their membership, programs and getting officers. They have renamed their committee to the Lodge Revitalization Committee, a name that better fits their goals.

Going forward I am going to be starting zoom meetings with all the district lodge presidents so they can express their concerns about their lodges, zone, district, and Sons of Norway. Hopefully, this will also be an opportunity for the sharing of ideas among lodge presidents.

We have hopes to have zoom meetings with the District Vice President and lodge vice presidents coming up in the new year so they can discuss membership issues.

It is my goal to have better communications with all the district lodges and the District Board.

If your lodge has zoom or hybrid meetings please include me in your zoom link invitation, as, if possible, I would love to attend your meeting.

Fraternally,

Stephen Helmold

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## **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)

### **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)

**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/>

### **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)

### **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)

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

*For the Love of Norway!!*

