



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

***August 2021 Newsletter***

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***

***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: [sonsofnorwayblafjell.org](http://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, 1:00-3:00 PM.  
except when special events.***

**NO MEETING IN AUGUST we are on summer break**

**NEXT LODGE GATHERING: in September**

Bring your saved stamps for Sons of Norway Tubfrim to the September mtg.

Bring your canned goods for Salem Food Pantry to the September mtg.

**MARK YOUR CALENDARS**

**Sept 25, 2021:** Meeting 1-3pm, College Lutheran Church. NORDIC Auction/bake sale.

*Oct 8, 2021: Leif Eriksson Day at Faith Christian. Event Chair Cheri Johnson.*

**Oct. 23, 2021** 1-3pm. Blå Fjell Lodge 25th Anniversary at The Quill at Richfield Living  
*Event Chairs Joann, Kathy and Cheri.*

*Nov 5, 2021: Viking Day at Faith Christian. Event Chair with five Blå Fjell aides.*

**Nov 20, 2021:** Meeting 1-3pm, at College Lutheran Church. Program TBD.

**Dec 11, 2021:** Blå Fjell Lodge Julefest/St. Lucia. College Lutheran. Event Chair TBD.

*Dec 13, 2021: St. Lucia Festival procession at St. Andrews Catholic concert. Chair Cheri Johnson.*

*(indented, italicized items indicate Blå Fjell non-meeting events we participate in on behalf of SON.*

## MEMBER NEWS

### AUGUST BIRTHDAYS

Walter Sandberg - 8/12

Victoria Epperly - 8/16

Arvid Myklebust - 8/16

Carolyn Sandberg - 8/21.

### PRAYERS:

**--of condolence** for Marlin Thompson and family. on the death of his dear brother Thor. Thor passed away Friday, July 16. As we know, Thor had had a long, hard battle with cancer, and he was ready for it to be over. Condolence message may be mailed to:

Marlin Thompson  
4525 Naff Rd  
Boones Mill, VA 24065

### **PRESIDENT MESSAGE**

Enjoy your Blå Fjell summer break. I enjoy slowing down and being able to stay at home in air conditioning during the hottest afternoon hours. I hope you have been able to see family and friends. In the meantime, Bla Fjell members have been working behind the scenes.

Joann, Kathy and Cheri have been meeting for several months planning the lodge's 25th Anniversary in October. To be held at The Quill at Richfield Living; 1-3pm. More detail will come.

Effective immediately, Sharon is assuming her duties as backup Fraternal Give Administrator for the rest of the year. Sharon will be requesting your volunteers hours you worked as an officer, or tasks you were given at an event or meeting. Do not report hours just for attending.

Let us know if you have been able to visit a shut-in.

On August 14, Cheri and Sharon represented Bla Fjell at a Third District Foundation Director Zoom meeting chaired by Dirk Hansen. All third District lodge presidents and foundation directors were invited. Two key issues: 1) A Lodge needs a Foundation Director whose purpose is educating lodge members on what SON Foundation offers, others another officer does this when time permits. 2) better communication from SON Foundation Director to lodges and to their members. Bla Fjell will be receiving some information.

**I look forward to meeting in September at our "home location" (College Lutheran Church), for the Nordic auction. See Cheri's "Getting Ready..." article below.**

Thinking positive in this pandemic time: SEE YOU IN SEPTEMBER.

Sharon Rohrback and Cheri Johnson, co-Presidents

### **MINUTES**

NO JULY Minutes -- we had our July picnic social gathering.

Marilyn Barrier, Recording Secretary

### **CULTURAL DIRECTOR MESSAGE**

no message this month

Cultural co-Directors Luch Hochstein and JoAnn Stephens-Forrest

### **MEMBERSHIP SECRETARY MESSAGE**

HAPPY AUGUST VACATION TIME, EVERYONE! We hope that each one of you is having/will have a good time of rest and relaxation, safely, in preparation for our fall activities .. we have our work cut out for us! As you may be aware, our membership numbers have dropped in recent months; we need to do some recruitment!

"Each one, invite one!"

Be alert to every opportunity to invite prospective members to our upcoming activities .. the September Viking (Nordic) Auction, the October 25th Anniversary Celebration .. so that they can enjoy the celebration of their heritage and culture with us!

AND, LET'S CELEBRATE NORWAY'S OLYMPIC SUCCESS: 4 Gold, 2 Silver, 3 Bronze.  
right click on the link, and open hyperlink.

<https://olympics.com/tokyo-2020/olympic-games/en/results/all-sports/noc-medalist-by-sport-norway.htm>

Joann Barfield, Membership Secretary

### **GETTING READY FOR THE AUCTION ON SEPTEMBER 25.**

Some of our members are new and need to know this information about our Auction coming up!

**September 25 at College Lutheran Church from 1-3 pm.**

Silent Auction with Nordic items....we'll help you price!

Yard sale items you can contribute.... Try to bring 3.....priced from \$.50 to \$3.00

Bake Sale....each member brings a homemade item or bag of fruit.....we buy from each other...all prices are \$3.00.

Bring cash or your checkbook to purchase items!

Everyone has fun buying each other's treasures, junk, and baked goods!

Call Cheri at 540-556-3611 for any questions.

Have fun finding treasures and junk in your own house and sharing it with you SON friends!!

Submitted by Cheri Johnson, Event Chair

### **THE CHILDREN'S CORNER**

**Children's activities coming up!** Two of which need volunteers to help.

FRIDAY, October 8, 2021, Leif Eriksson Day at Faith Christian for 4th grade with Cheri Johnson in their classroom.

FRIDAY, November 5, 2021, Viking Day at Faith Christian for 4th grade in the cafeteria...**need 6 SON members to help.**

SATURDAY, December 11, 2021, 1-3pm. St. Lucia Celebration at our Julefest at College Lutheran Church. **Need 3 helpers and singers.**

Submitted by Cheri Johnson, Children's Activities Coordinator

### **GETTING TO KNOW YOU - we need input**

from new members, and from longer-time members (many don't know about you yet)

Share your heritage; where your ancestors were from; where they settled in America; where you grew up, went to school, place(s) you lived, job; and your current family status. Also share how you learned about Blå Fjell Lodge.

### **MEMBER MEMORIES - we need input**

We invite all members to share a past or current memory.

### **DO YOU KNOW OF SOME LESS-WELL-KNOWN NORDIC SITES?**

(tell us about them: having either visited them or heard of them from another source)

**NeSpoon (an artist) in Malmo Sweden.** (Sharon googled NeSpoon Biography for some of this info. I did not include the Facebook hyperlink in this article because it pulls up people's comments as well as the picture. [info from the link introduction:] NeSpoon is a Polish artist. Beginning in 2009, her works that have been created range between street art, pottery, painting, sculpture and jewelry. Most of her works consists of traditional laces, either made in clay or painted on walls. [Info from Google search/Nespoon biography:] NeSpoon is part of the class of 2018 in the URBAN NATION Artist in Residence Programme "Fresh A.I.R.". Based in Warsaw, her art is found across the world; by using intricate doily patterns she transforms abandoned and austere areas into truly remarkable sights, evoking positive emotions through her positive art. Through the medium of the location of her art, she also

comments on political and social issues that have significant meaning to her and the society around where her art is, whether it may be raising awareness of a growing lack of water and privatisation of resources in New Zealand, or a reference to beauty and harmony between cultures in the UAE, NeSpoon's work is an example of real considerations of the social and political contexts of the environments of art.

**picture follows at end of the article.**

Picture below: **NeSpoon is in Malmö, Sweden**

My latest mural painted in Malmö/Sweden for Artscape Festival 2021. The design is based on the pattern of traditional Swedish lace from the turn of the 19th and 20th centuries, which is in the collection of the Nordic Museum in Stockholm.

Many thanks to the entire Artscape crew for amazing care and excellent organization. It was a pleasure working with you!




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### **MODERN NORWAY NEWS (and Iceland this time)**

(we invite all to share an article or link to an article here)

#### **1. Viktor Hovland - Norwegian Golfer.**

(shared by Joann Barfield). *(technical note from Sharon: every time I tried to share the link name, a shared by JKoann Copy/paste pulled in the Wikipedia text instead of my excerpt note below. So, I hand typed the below text.)*

**Viktor Hovland (born 18 September 1997)** is a Norwegian professional golfer, currently age 23, who plays on the PGA tour. Hovland is the first Norwegian to win on the PGA Tour by winning the 2020 Puerto Rico Open. He also became the first Norwegian to win on the European tour by winning the 2021 BMW International Open. Hovland picked up his second PGA Tour win when he won the 2020 Mayakoba Golf Classic. As an amateur, Hovland played college golf at Oklahoma State University--Stillwater. In 2014, Hovland won the Norwegian Amateur Golf Championship. Hovland won the 2018 U.S. Amateur, the first Norwegian to do so. He turned professional in 2019.

#### **2. Helgi Tomasson - Icelandic Choreographer for San Francisco Ballet.**

(Facebook posting by Icelandic League of the United States. These postings often give language lesson.

Did you know that the artistic director and principal choreographer for the San Francisco Ballet is an Icelander? Helgi Tómasson was born on the Westman Islands and made his way through the dance scene in Copenhagen, New York, and eventually to San Francisco in the late 80s.

Now, normally the Icelandic language is not one to borrow words from other languages. But ballet is a case where much of their vocabulary is borrowed from French. And since English also got its ballet vocab from French, that means That English and Icelandic have a lot of ballet terms in common!

For example, the word "dance" in Icelandic is "dansa" and "ballet" is "ballett". "Ballerina" can either be "ballerína" or "ballettdansmær" which literally means ballet dance maiden. "Choreography" is another borrowed word, "kóreógraffía" and a choreographer, like Helgi Tómasson, is a "danshöfundur", which is literally a "dance author"

The 2022 season will be Helgi Tómasson's last with the San Francisco Ballet, so if you're in the area why not check out the work of this Icelandic American!

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## **NORDIC HISTORICAL/CULTURAL NEWS**

### **SUMMER HOMES**

(text from Facebook posting, "[How do you keep cool all summer long?](#)") Maybe it's time to invest in a summerhouse. In most Nordic countries, many escape the heat with a sommerhus (Danish), hytte (Norwegian), sommarstuga (Swedish) sumarbústaður or sumarhús (Icelandic) or kesämökki (Finnish). A summerhouse could be a simple shelter on your property or an extravagant second home.

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### **RECIPE HISTORY**

#### **White Lady cake - A Norwegian Classic**

The recipe itself was too long to enter here.

(Hampton Roads Lodge shared this Facebook posting.

#### **The history of this Norwegian cake is interesting.**

For those who don't know, it originates from Bergen, Norway and was a favorite of Kaiser Wilhelm II, Former German Emperor. Kaiser Wilhelm II visited Bergen many times and always ate this cake. He thought it reminded him of the ghost of a white lady, that he'd seen inside the Hohenzollern Castle, hence the name of this cake. Emperor Wilhelm II visited Norway for the first time in 1889. Until 1914 he was there almost every Summer. He travelled with his own yacht, the Hohenzollern, but in the entourage, there were usually two or three warships.

Please note: The traditional recipe has a berry jam within the internal layers which adds more flavor and visual appeal to the visual appeal.

**Comment by Manuela Kjeilen on her website "[www.passionforbaking.com](http://www.passionforbaking.com)".** I'm Manuela Kjeilen, the Author, baker, and photographer behind [passionforbaking.com](http://passionforbaking.com). The goal of this website is to inspire You to bake and just have fun in the kitchen. Happy Baking.

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## **HUMOR and a THOUGHT TO PONDER**

### **Humor: from Ingebretsen's Facebook Posting.**

One day Lena confided to her friend Hilda that she had finally cured her nervous husband, Ole, of his habit of biting his nails. "Good gracious," said Hilda, "How did yew ever dew dat?" "It was really simple," was Lena's reply, "I just hid his false teeth."

**Thought to Ponder: Text by Neil Gaiman**, copied from a "It's My Favorite Day" Facebook posting. "The one thing you have that nobody else has is you.

Your voice, your mind, your story, your vision.

So write and draw and build and play and dance and live as only you can."

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**SONS OF NORWAY Officer Article Section**

Kathy Dollymore, Third District President, is taking the month of August off, as are many of the SON lodges.

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**LINKS**

**TO THIRD DISTRICT, 3D ZONE7 LODGES and INTERNATIONAL NEWS:**

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

Third District Lite news: expect this from 3-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)

For Sons of Norway E-Post [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com)

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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)

**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 have to retrieve the information online. Now the information is only online.  
 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!!*

