



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

February 2022 Newsletter

*******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

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

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.

NEXT MEMBER MEETING: February 26, 2022, 1-3 pm

PROGRAM: POLAR PLUNGES AND SAUNAS

Snacks from: Cheri Johnson, Kathy Clark, and Joann Barfield

Bring finger food donations to Cheri for March 3 adopted school (see article later in nsltr)

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

MARK YOUR CALENDARS

2/26/22	1-3 mtg at CLC	Pgm: Polar Plunges and Saunas.	Snacks: Cheri, Joann, Kathy
	<i>3/3/22</i>	<i>Cornerstone Classical Academy Nordic Day.</i>	<i>Leader Cheri Johnson</i>
3/26/22	1-3 mtg at CLC	Pgm tbd	Snacks: JoAnn S-F
4/23/22	1-3 mtg at CLC	Pgm tbd	Snacks: ??
5/21/22	9am-5pm: Local Colors event in lieu of mtg:		Event chair: Cheri
6/25/22	1-3 mtg at CLC	Pgm tbd	Snacks: ??
7/23/22	Time tbd: Lodge Picnic at Rohrback home.		Food: all
	August	month off	
9/24/22	1-3 mtg at CLC	Nordic auction/bake sale/yard sale	All donate items
10/22/22	1-3 Anniv (26th) mtg at restaurant:	Time/Place tbd	Each pays own meal.
11/19/22	1-3pm at CLC.	Pgm tbd	Snacks: ??
12/10/22	1-3pm at CLC.	Julefest (full meal)	Food by all; St. Lucia.

MEMBER NEWS

February Birthdays

JoAnn Stephens-Forrest 2/20.

PRAYERS

--Of comfort for the family of son Hunter Grove who died January 31, 2022. The Hunter family was the 2021 recipient of our end-year Worthy Cause Fund collection. Thank you for the notice, Robin.

--Of healing for anyone dealing with winter colds, flu, Covid, or Omnicom symptom. Sharon found out that quite often the Omnicom virus often mimics a mild case of the flu (fatigue and Sinus Infection with no fever). Thankfully, Sharon and her daughter tested Negative.

--

WORDS OF WISDOM

“Live in the present and make it so beautiful that it’s worth remembering.”

Epoch Times

NEWSLETTER FORMAT CHANGE

Starting with this newsletter, the Blå Fjell Board has decided to distribute an abbreviated version of each monthly newsletter concentrating on news from members (including links a member may feel we would find of interest). I do feel we should continue to include the full Third District President's message Comments please to Editor, Sharon Rohrback.

We have been long concerned about how many of our members actually read the newsletter, or just skim it. Length of the newsletters seems to be an issue. Also, I have only occasionally received input from members and have had to go to other sites to find cultural data.

Sharon Rohrback, Editor

PRESIDENT MESSAGE

HAPPY VALENTINES DAY.THE WHOLE YEAR. Share your love and caring.

1. At this meeting, we will obtain names and perhaps appoint delegates to the District 3 Convention in Jacksonville, FL; and the SON International Convention in Minneapolis, MN. Consider being a lodge candidate. Sharon e-mailed all members the forms and documents provided by District 3. The hosting lodge is Gateway to Florida lodge in Jacksonville, FL. Direct questions to D3 Convention Advisor Marci Larson @904-307-2888 or marci.larson@sofnboard.com.

2. Blå Fjell lodge now has two adopted schools: Faith Christian School and recently added Cornerstone Classical Academy. Our Bla Fjell lodge contact person is Cheri Johnson.

3. The 3D Charitable Trust team newsletter contest. As requested, I included the only requirement is to add the statement "Bla Fjell Lodge Supports a Dementia Friendly Society" to our masthead. Newsletters will be submitted to Dirk Hansen and will be judged on prominence and overall appearance. A \$100 donation will be made to the 3rd District Charitable Trust in the winning Lodge Editors name.

Sharon Rohrback and Cheri Johnson, co-Presidents

MINUTES of JANUARY 2022 MEETING

2022 1st Meeting at CLC in Conference rm near front door

Attendees: Sharon, Cheri, Jo, Inga, Carolyn and Walter Sandberg

Visitation time, sharing stories, eating snacks following singing 3 anthems

Next meeting is February 26th at CLC, snacks by Cheri, Kathy, Joann

Business:

- * Budget passed as presented
- * Discussion of how grant would be used if approved for advertising and children's activities, Walter agreed to be on committee to decide how money is spent, Walter suggested reaching out beyond the Roanoke Valley for membership
- * February meeting will discuss District 3 Convention delegates in Jacksonville, Fl on June 10-13, 2022
- * Discussion on International Convention in Minneapolis, Mn on August 29-31, 2022 --Cheri and Jo

interested

Program by Jo: Nordic New Year's Eve Traditions

*Iceland---Mass, Special dinner in dressy clothes, see a comedy, Bon Fires, views Northern Lights

*Norway---Fireworks, fancy dinner, King's speech, Rice pudding with almond, rest on New Year's Day

*Denmark---Queen's speech, Fireworks, plays, Cod dinner, Kransekake, Ski jumping tournament

*Finland---Smorgasbord, Fireworks, Town official's speech, funny fortune telling

*Sweden---Lobster and Champagne, Fireworks, Gun shots, Church bells ring, Dinner for 1 play,

Chocolate fritters

Ideas for future Programs

*Nordic Saunas

*Dementia

Newsletter

*Shorter is a good idea

Cheri Johnson for Marilyn Barrier, Secretary

MEMBERSHIP SECRETARY MESSAGE.

Message from Rob Stubbings, Sons of Norway International President:

"As the saying goes, "a rising tide lifts all boats." With strong financial product sales, lodge recruitment, social media and e-mail marketing, we added 17,267 new members, reaching a total of 63,027 total members at the end of December 2021. New social members bring fresh ideas & energy to our membership. And more financial members mean more support for all memberships and our mission."

From Joann: This is amazing news, that Sons of Norway has continued to grow, in spite of the restrictions that Covid has put upon us throughout the past two years! Although Blafjell Lodge is not as actively recruiting as we had hoped at this time, let's all be observant of new member opportunities .. and thankful for the vital organization of which we are members!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

Program: Polar Plunges and Saunas: to be given by Joann Barfield.

Have you ever wondered what possessed people who, in the Dead of Winter, would plunge into icy cold water for a swim? Believe it or not, there is "method to their madness" .. as evidenced by a most interesting article in a recent issue of the *Swedish Press*. And, there are health benefits to these Polar Plunges and Saunas, as we will learn in our February program!

Lucy Hochstein and JoAnn Stephens-Forrest, co-Cultural Directors

DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE.

Special request from Cheri Johnson, Children's Program Director 🙋‍♀️ Bring donated finger food items to February 26 mtg.

As we proceed to make Cornerstone Classical Academy our 2nd Adopt a School, I have an event which would be so much more meaningful if I had some help from several of you. On March 3, I am having a Nordic Day with students where they get some cultural food and play Nordic Bingo for prizes. **Finger food would be the easiest,** so cookies, coffeecakes, breads cut in small pieces would be ideal. I have 65 students in K -5th grade. If you would like to contribute something to this day, it would be greatly appreciated! ❤️ You could bring your contribution to the next meeting on February 26th and I will freeze it until March 3rd! Thanks a bunch!

Cheri Johnson

MEMBER MEMORIES - picture from Sharon. Joann Barfield comment.

Love it! Brings to mind my mother, who went roller skating with me when she was in her 60's



NEW SECTION: LINKS OF NORDIC INTEREST FROM BLA FJELL MEMBERS & FRIENDS

(See links specific to SON information on this newsletter's last page.)

From Elaine Becker, email subject line "Uniting Scandinavia."

<https://www.medievalists.net/2020/07/harald-bluetooth-trelleborg/>

<https://www.heritagedaily.com/2021/07/the-giant-jelling-viking-stone-ship/139717>

From Elaine Becker: email subject line "Horned Helmets not Viking".

<https://www.smithsonianmag.com/smart-news/iconic-viking-horned-helmets-actually-3000-years-old-180979339/>

From Kathy Clark: email subject line "NW, the Latest News from Norway"

<http://www.norwayweekly.com/> articles from Life in Norway editor David Nickel, a freelance journalist living in Trondheim, Norway. Norway Weekly: The English Language Newsletter

From Todd Solberg: who really enjoys listening to Zoom to presentations via Zoom.

sponsored by:© 2017 Scandinavian American Cultural and Historical Foundation which is in California so prepare for the time difference for watching any links.

--For more information about the Scandinavian Center, See the link below.

or call (805) 241-0391 or e-mail scancenter@callutheran.edu

In January, the Scandinavian Center sponsored this Nordic Spirit Symposium (I don't know if this link is still available (<https://scandinaviancenter.org/nordic-spirit-symposium/>) but here are other programs.

SON DISTRICT 3 OFFICER ARTICLES

I. SON FOUNDATION BOARD OF GOVERNORS via District 3 Foundation Director, Dirk Hansen.
Date: January 27, 2022. For Immediate Release:

On behalf of the Sons of Norway Foundation Board of Governors, I want to thank our District 3 lodges and members for their financial support during the 'We Are The Future' fundraiser.

You will recall that the first 'We Are The Future' fundraiser was in 2020 and the goal was to raise \$100,000 for the Foundation between October 2020 (Foundation Month) and January 15, 2021. The total raised was \$137,000. Why January 15? To allow for IRA distributions.

Our 'Together . . .' 2021 goal was to raise \$150,000. Again, our lodges and members exceed the goal. As of January 19, the accounting shows that our lodges and members donated \$158,276 between October 2021 and January 15, 2022.

A total of 137 lodges in Districts 1 through 6 donated \$68,657. In District 3, 22 lodges donated \$4,000.

When the final report is completed, we'll be sharing more information.

So, thanks to all who joined in making the 2021 'Together . . .' campaign another success.

Also, scholarship applications are due on March 1. Please check the Sons of Norway website under Foundation for more details.

In addition, check out the Humanitarian Fund Grants for Disaster and Medical Relief. These grants are up to \$5,000 for members who have experienced financial loss due to property loss as a result of natural disasters or due to extreme illness or injury. Again, check out the SON website under Foundation.

Jon Tehven

Approved by Emily Stark

II. THIRD DISTRICT PRESIDENT'S FEBRUARY 2022 MESSAGE

FEBRUAR Here it is February – And yes, although we are still dealing with the pandemic let's focus on some happy thoughts: Hopefully the virus will see a plateau soon and we will begin to readjust to what we have learned and become in these past 2 years.

Technology- many of our members have talked with others via video calls at some point since the pandemic's onset. Many of us have used technology or the internet in ways that were new or different to us. But to be fair we would have liked to have had those interactions in person, but instead had online or over the phone - useful – but not a replacement for in-person contact.

Installation of new officers: If your new or returning officers are being installed or have already been installed, we congratulate them and offer our support. I am deeply grateful and proud of our lodge leadership who continue to face the many and often difficult obstacles this pandemic continues to bring to our lodges with renewed determination and resilience. You get to take an active role in helping your lodge become a better place. I expect our lodge membership to support, in any way they can, those who have taken on this responsibility. Have your Delegates been chosen for the upcoming Convention? Leadership roles filled? Committees organized? Share the experience. This saves single members taking on the majority of a burden.

Celebrate We are happy to celebrate Saami People's Day on Sunday Feb. 6 and Norway's Mother's Day on Feb 13. Valentine's Day is February 14th – let's share some love with our members.

*Fastelavn-*the Norwegian answer to Carnival. This year it is søndag 27. Februar (Sunday, February 27). This holiday occurs seven weeks before Easter Sunday and is sometimes described as a Nordic Halloween, with children dressing up in costumes and gathering treats for the Fastelavn feast. The holiday is generally considered to be a time for children's fun and family games. Why not try to bring some festivity to your lodge meeting. Adults are ready to have fun along with the kids. Funny hats, decorating masks, what brings a smile to your lodge members. In Norway a popular baked good associated with the day is Fastelavnsboller ("Fastelavns bun", also known in English as "shrovetide bun" or "lenten bun"), a round sweet roll usually covered with icing and sometimes filled with whipped cream. Yummm.

Scholarship -Those of us with adult children or grandchildren may wish to pose the questions to them as to what might interest their peers. Whether their interests lie in financial products, travel, culture or heritage, Sons of Norway has a lot to offer, including the assistance of Financial Benefits Counselors and the fellowship and philanthropy opportunities of your local lodge. The Sons of Norway Foundation Scholarship season is upon us. Check them out and see if there is help for members, child, or grandchild - www.sonsofnorway.com/foundation for complete information.

Fraternally, Kathy Dollymore, 3 D President

LINKS

TO SON International. THIRD DISTRICT. 3D ZONE7 LODGE 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 sent out.
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 www.visitfinland.com
www.inspiredbyiceland.com www.visitnorway.com
www.visitsweden.com

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!

