



# SONS OF NORWAY

**FJELL-LJOM.. (MOUNTAIN ECHOES)..BLÅ FJELL LODGE 3-646  
JANUARY 2021 Newsletter**

*Prepared by acting editor: Sharon Rohrback*

**Administrative officers:**

Vice-Presidency is vacant

**Co-President: Sharon Rohrback, 540-774-0006**

**Co-President: Cheri Johnson, 540-989-6330**

**Correspg Secy: Kathy Clark, 540-977-2349**

**Recordg Secy: Marilyn Barrier, 1-972 697-6096**

**Treasurer: Cheri Johnson, 540-989-6330**

Blå Fjell's website: [sonsofnorwayblafjell.org](http://sonsofnorwayblafjell.org)

Facebook group: <http://www.facebook.com/SonsOfNorwayBlåFjell>

**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 PM.

**JANUARY MEETING IS CANCELLED DUE TO COVID  
TO ALLOW TIME FOR SAFER IN-PERSON MEETINGS**

**MARK YOUR CALENDARS**

(Calendar detail was filled as much as possible at the Board's January 16, planning meeting.

Meeting dates may be impacted by winter and/or COVID restrictions.)

- Jan 23, 2021: ~~Meeting cancelled~~ due to threat of COVID exposure and winter weather.
- Feb 5, 2021: *SAMI Day at Faith Christian School*
- Feb 27, 2021: ~~Meeting cancelled~~. **The revised Blå Fjell By Laws vote for approval at this meeting will be done by remote means.**
- Mar 27, 2021: Meeting 1-3pm. Location TBD. Program TBD.
- Apr 24, 2021: Meeting 1-3pm. Location TBD. Program TBD.
- May 15, 2021: *Local Colors format tbd by Local Colors Board. Event Chair TBD.*
- June 26, 2021: Meeting 1-3pm. Location TBD. Program TBD.
- July 24, 2021: Meeting 1-3pm. Location TBD. Program TBD.
- August 2021: *Summer break.*
- Sept 25, 2021: Meeting 1-3pm: Location TBD: NORDIC Auction/bake sale. Event Chair TBD.
- Oct 8, 2021: *Leif Eriksson Day at Faith Christian School*
- Oct. 23, 2021: Blå Fjell Lodge 25th Anniversary. Location/Time TBD. Event Chair TBD
- Nov 5, 2021: *Viking Day at Faith Christian School*
- Nov 10, 2021: *Indians to kindergarten class at Faith Christian School*
- Nov 27, 2021: Meeting 1-3pm: Location TBD. Program TBD.
- Dec 13, 2021: *St. Lucia Festival at St. Andrews Catholic Church. Children process*
- Dec ??, 2021: Blå Fjell Lodge Julefest with St. Lucia and Koffee Klatch food. Event Chair TBD.

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

## MEMBER NEWS

### JANUARY BIRTHDAYS:

Todd Solberg-Jan 10	Ed Wold-Jan 16	Marilyn Barrier-Jan 19
Thomas Nygaard-Jan 23	Jeff Helgeson-Jan 24	Sharon Rohrback-Jan 25

### PRAYERS

of healing for any members who have active COVID, and for negative results for anyone exposed to COVID. Prayers of comfort for members who have stress from other concerns.

### **LODGE EDITOR NEEDS YOUR HELP.**

I could very much use input from you to ensure the newsletter has what YOU are interested in, whether it's "Getting to Know You", "Tell Your Story" or a current news or cultural article. It's hard for me to come up with ideas. If an article is too long, I will place the link in the newsletter and credit you, or I will send a separate excerpt e-mail. I prefer to keep the newsletter to 8 pages; not over 11 pages.

Thank you. Sharon Rohrback

### **PRESIDENT MESSAGE**

BlaFjell revised Bylaws were sent to voting-members for review. Version 1 was emailed January 7. Version 2 was emailed January 10. Although February meeting has been cancelled, responses (comments or stating approval are due to me by remote means by February 27.

At Third District President suggestion, in version two I added text from the SON-approved Sept 2020 Referendum allowing local lodges to conduct business remotely as well as at an in-person meeting. The template provided by SON did not state the referendum alternative process.

D-63 Lodge Update form (required by SON) was sent to SON International Fraternal Office by deadline. Each year, a lodge must report new or continuing officers and contact information to prepare an updated directory. Thank you to Kathy Clark, Blå Fjell's Corresponding Secretary for completing this.

Newly elected 2021-2022 officers assumed duties January 1. Members approved the option, suggested by District 3 President, not to wait for a formal installation because of difficulty getting together during pandemic. For the officer's information, I sent a copy of the abbreviated installation process we have used in the past when a designated district installer could not come to Salem.

Children's Activities Coordinator, Cheri Johnson.

This is an informal title. Cheri has offered to continue coordinating and leading the special children's programming on behalf of Sons of Norway, which she has done for several years. This includes: Adopt-a-School programming at Faith Christian School, and coordinating and leading St. Lucia procession at The St. Lucia Festival at St. Andrews Catholic Church.

Zoom session being planned. Lucy Hochstein, one of our co-Cultural Directors, has volunteered to set up a Zoom session this month. This will be our trial run. The purpose of the meeting is to include face-to-face contact with members who have not been able to attend any in-person meetings we may have. She will give me the access detail, which I will e-mail to all members for attending that meeting. If you do not use Zoom, you will be given a phone number to call to listen in on the conversation.

Canned Goods collection year-end report from Joann Barfield.

Ending the year 2020, total cans collected and forwarded to the Salem Food Pantry were 44 cans- good, considering the unusual circumstances.as compared with 143 cans for 2019.

Sharon Rohrback and Cheri Johnson, Co-Presidents

### **MEETING MINUTES**

**No minutes.**

The December 2020 Julefest meeting was cancelled because of lack of place to safely meet.

(Note in this newsletter only: Marilyn Barrier and Kathy Clark are sharing secretarial duties. As recording secretary, Marilyn will be taking lodge meeting minutes and placing them into the newsletter. As corresponding secretary, Kathy will be work with Sons of Norway (SON) for official form submission, ordering supplies, and other tasks that require contact with SON). Thank you both for working together on the tasks.)

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**MEMBERSHIP SECRETARY MESSAGE:**

WELCOME TO 2021! Let's hope it is better than last year!!

Through November 30, Sons of Norway has added 6,698 new members and met the 2020 goal! Congratulations to the 40 lodges that have met their recruiting goal so far. We have many lodges that are just one or two new members away from teaching their goal.

In preparation for our (hopeful) return to "normal" meetings, let's all be thinking of family, friends, and neighbors who can be introduced to Sons of Norway and Bla fjell Lodge. With our membership numbers being reduced in the last months of 2020, it would be good to attempt to replace those memberships and continue our tradition of leadership in Zone 7!

As soon as it is possible and practical, our Membership Committee will be meeting to launch some new initiatives to address recruitment and retention. In the meantime, we would welcome any suggestions that you may offer to assist in this goal, so that we may get on with our mission!

One more word: KNOWLEDGE IS KNOWING THAT A TOMATO IS A FRUIT.  
WISDOM IS KNOWING NOT TO PUT IT IN A FRUIT SALAD.  
Compliments of Reader's Digest

Joann Barfield, Membership Secretary

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**CULTURAL DIRECTOR MESSAGE**

We are researching sources for articles to present.

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

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**GETTING TO KNOW YOU - NEED INPUT FROM MEMBERS!**

Input can be not only from new members, but also from other members many have not yet met. Share personal news such as 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. Share how you learned about Blå Fjell Lodge.

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**TELL YOUR STORY - NEED INPUT FROM MEMBERS!**

**I appreciate articles from all our lodge members.**

Share anything you wish: a favorite memory of your ancestors, of your own family, a place you visited and enjoyed, a holiday event, what you discovered about your genealogy, etc.

***From Bob and Sharon Rohrback. Story City Iowa and its Scandinavian Days.***

In 2019, we were on our way to Des Moines, IA. We were too late for this festival but enjoyed a visit to an antique store nearby. The City has deep historic and cultural ties to the Scandinavian countries of northern Europe of Denmark, Sweden, and predominantly Norway. A large contingent of the City's current population is descended from a major immigration of people from Nordic countries in the 1840s through 1860s. This is evident in the large number of Lutheran churches in the community, which historically had sermons in different languages (Swedish, Danish, and Norwegian) respective of the makeup of their congregations.

Scandinavian Days began in 1965 as part of the Syttende Mai (17th of May) celebration, or Norwegian Constitution Day, that Story City's Immanuel Lutheran Church held each year. Since then, the festival has seen many changes, but Scandinavian Days still rings true to its roots with traditional foods, folklore and a rich pride of the community's heritage. Photo on next page is from 1968.



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***From Kathy Clark: About My Swedish Family.***

Twenty years ago, while visiting my mother in Minnesota, I attended an event to honor Vilhelm Moberg, author of books called "The Immigrants". This park is near the area my Swedish family settled in when they came from Sweden in 1869. Moberg lived in this area while he wrote the books on the immigration story. They left Sweden with their 3 small children. When they arrived in America, they only had one child as 2 babies died enroute. You can realize how important it was to be at this park. Also, the King and Queen from Sweden were going to be there too. While I was standing there, the King and Queen walked by me. In my excitement at seeing them I raised my hand and said "hi". The King looked at me with his baby blue eyes and bowed his head. Wow, can you image how excited I was that I had seen the King and Queen. When I got back to my mother's home and told her about my wonderful experience of saying hi, she looked at me in shock and said, "you looked a strange man in the eyes". What amazed me is that she was more concerned about me looking at a strange man in the eye and not about seeing the King and Queen of Sweden.

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**FROM LODGE LIBRARIAN.**

(a very enjoyable book. See Humor section for the excerpts I chose).

**"Cows on Ice & OWLS in The Bog---the Weird and Wonderful World of Scandinavian Sayings".** In December, I ordered this easily read book from Ingebretsen's Market in Minneapolis, MN. copyright c. 2019, 111 pages, \$14.95. **The book lists the titles of 52 Swedish, Danish, Finnish and Norwegian sayings.** Compiled by Katarina Montnemery and illustrated by Nastia Selptsova. Published by Quadrille (quadrille.com) in London.

Sharon Rohrback, Librarian

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**MODERN NORWAY NEWS**

**Articles or links are welcome from members, non-members, and other sources.**

(Two articles in the Norwegian American newspaper dated October 9, 2020)

1. **Anniken Rumberg Krutnes is the new Norwegian Ambassador to the United States**, at the Norwegian Embassy in Washington, D.C. On Sept. 17, she presented her credentials to President Donald Trump. Ambassador Krutnes is the first female ambassador to the United States.
2. **New Scandinavian Cooking is proud to present new host, Christer Rødseth, for Season 16.** (U.S. season 10). He is 30 years old with an incredible career. He is head chef at two prestigious restaurants in Oslo; in 2019 he won the Norwegian prize for Chef of the Year; and in 2020, he became a Culinary Olympics champion with the senior national cooking team.

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(article from NorwayToday.Info link, provided by Sons of Norway District 7 on Facebook)

**Norway becomes a UN Security Council member January 1, 2021.**

Monday will be a big day at the Norwegian Ministry of Foreign Affairs. On Monday, the flags will be raised in New York for five new UN Security Council members – including Norway.

Monday, January 4, is the first working day after the New Year. The flags will be raised then despite the fact that Norway formally took a seat on the Security Council on January 1.

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 (from Facebook "[yourway2norway](#)" site. A way for young and old to obtain current Norway news).

**Unique Picture of Southern Norway:** - Like a painting from the air

This satellite image is a rare sight. Due to the fine weather over southern Norway, the entire region is far more visible than usual. To get other perspectives on Norway - see our YouTube-channel [www.youtube.com/c/yourway2norway](http://www.youtube.com/c/yourway2norway).



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 (from Facebook "[yourway2norway](#)")

**How do you translate "white paper"?** We are creating a new video communicating Happy new year and a "new beginning" into 2021 - illustrated by visiting the pure snow on the hyttetur. In Norwegian we have a saying like "with blank/white sheets", meaning that you can start over again. Is there something similar in English - with association to white (because of the snow?).

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**NORDIC HISTORICAL/CULTURAL NEWS**

**Articles or links are welcome from members, non-members, and other sources.**

**The Shipwrecked Sailors & the Wandering Cod**

(below link to this story provided by Blå Fjell friend, Elaine Becker Fischer. Place mouse on the link, right click and specify open hyperlink to the video [The Shipwrecked Sailors & the Wandering Cod](#))

In the remote archipelago of Lofoten, Arctic cod have been dried on oceanfront racks since the age of the Vikings. This is the unlikely story of how the humble fish became king of Norway. In the remote archipelago of Lofoten,

“I could tell you the story of the shipwreck,” says Steinar Larsen, smoothing his hands over the belly of a blue-striped sailor shirt. “But” demurs the brusque proprietor of the Lofoten Stockfish Museum in the village of Å (pronounced OH-ah) “it would take too long.” Considering that the northern Norwegian summer sun never really sets, he's got time.

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

This is a new section. Input can be from members, non-members, and other sources.

#### STANTON, IOWA "The Little White City on the Hill"

*From Iowa Road Trip Facebook posting. Also, on StantonIowa.com).*

Stanton was the birthplace of actress Virginia Christine, known as "Mrs. Olson," from Folgers coffee. They celebrated the connection, along with its own Scandinavian coffee roots, by transforming its water tower into the World's Largest Coffee Pot.

In May 2015, the tower was taken down, but the giant coffee pot was saved and mounted at ground level so that coffee-lovers can pose next to it for photos.

Photo: Abeling Photo




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#### Lundehund in Norwegian Dress. (from Lucy Hochstein)

Here's a photo of a Norwegian Lundehund in Norwegian dress.

[http://www.lundehunds.com/images/247\\_Sunny\\_costume.jpg](http://www.lundehunds.com/images/247_Sunny_costume.jpg).



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## HUMOR

From the book "Cows on Ice & OWLS in The Bog--the Weird and Wonderful World of Scandinavian Sayings". Each saying has two side-by-side pages (one side a picture; the other the English explanation. The title in the country's language was too hard for me to read.

1. **Swedish saying: "even small pots have ears."** In Sweden, the handles on cooking pots (even small ones) have ears. So, they know about burnt meatballs, overproved cinnamon buns, and close encounters in saunas. Swedes use this phrase to warn adults that children are in the vicinity and should not be allowed to overheat the conversation. Similar phrase "not in front of the children".
2. **Danish saying: "a delicious herring."** Picture a table at a romantic restaurant. A man proposes, the lady accepts, and he slips a ring on her finger saying, "You have made me the happiest man alive, you delicious herring". Doesn't sound like much of a compliment. **BUT in Denmark**, herrings are thought of very highly, and calling her this is one of the highest complements you can bestow.
3. **Finnish saying: "rye in one's wrist".** Popeye munched spinach to gain strength. Scotsman eat porridge oats. **BUT Finns know** physical power comes from having rye in one's write. Choosing dark brick-like bread over fluffy brioche guarantees strength and success every time. The Swedes have a similar expression "rye in the back".
4. **Norwegian saying: "talk straight from the liver".** Have you ever come across a straight-talking Scandinavian? The chances are pretty high that you have, and that they used this phrase. This expression, which means someone speaks frankly and says exactly what he/she thinks, is from a time when people thought that the liver was the center of the body's feelings and emotions.

From Sharon Rohrback, Librarian

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### LOCATE A SPECIFIC SONS OF NORWAY INTERNATIONAL LODGE

(go to Sofn.com. The main page About Us tab returns menu choices. Select Lodge Directory.

**Below is a copy of the returned screen**

**Specify a state if you know it OR click on desired District.**

The returned list of lodges is alphabetical by State, city within State, Lodge name.

Select your state or click a district below :

Go



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## THIRD DISTRICT PRESIDENT'S JANUARY 2021 MESSAGE

Januar Fra Presidenten Kathy



A Season of Change, Happy New Year! I wish you and your family peace, joy and prosperity in 2021. This past year was an unprecedented one for our Third District, our Sons of Norway and really the world. Lodges throughout our order had to make difficult decisions about meetings, gatherings, and events. But we have survived and endured. We can be grateful for the freedoms we used to take for granted—for the health professionals and other workers who keep us safe, and for our connections, family and friends. Please think back to the things we have accomplished this past year. We had learned how to ZOOM, we've persevered keeping our lodges

informed and still meeting – if not in person, at least virtually and through our newsletters. The 3D Board has been working virtually being able to connect from Main to Florida breaking down geographical barriers, reducing travel and lodging cost to the 3D and allowing members to spend safe time at home while still getting things done. Satellite branches of local lodges are organizing. Something not seen in the SON Organization before. We've also seen lodges donating money, food and medical equipment to support people affected by the coronavirus.

Let's take a new perspective on daily activities such as cooking, handcrafts, book reading, or those odd jobs you have been putting off. Find joy in spending time making something nice for yourself or others and a good place to start is the Cultural link on the Sons of Norway website.

I hope that in the new year we will be marching in parades, hosting membership dinners, serving lefse at local events, and attending Scandinavian Fairs to raise our Norwegian Flag!! But we will just keep moving forward and doing what we need to do. So, let's "turn the page" to 2021 with anticipation and expectation.

Fraternally, Kathy

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### LINKS TO:

#### **LINKS TO THIRD DISTRICT, ZONE7 LODGES and INTERNATIONAL NEWS**

##### **Third District News links**

For 3D President's letter, see the Third District Events Calendar:

[www.3dsofn.org/newsletter/index.html](http://www.3dsofn.org/newsletter/index.html)

For 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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##### **Zone 7 Lodge news links**

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

or Facebook [www.facebook.com/SonsOfNorwayBlafjell](https://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](https://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](https://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](https://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/](http://http://scandinaviancelebrationmb/)



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**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:** (until about three years ago, we used to be able to contact a country's embassy and would receive a few free travel informational packets to hand out at Local Colors festival. Now the information is online. Thank you, Larry, for the link names.

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!!***

