



FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅ FJELL LODGE 3-646
January 2022 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: 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.

Bla Fjell Board planning meeting: Jan 10, 10am-noon, Cheri Johnson house.
NEXT MEMBER MEETING: January 22, 2022, 1-3 pm

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

MARK YOUR CALENDARS

Jan 22, 2022: meeting 1-3. Program by JoAnn Stephens-Forrest

rest of the year's schedule will be entered after the Board's January 10 planning meeting.
(indented, italicized items indicate Blå Fjell non-meeting events we participate in on behalf of SON.

MEMBER NEWS

January Birthdays

Todd Solberg-Jan 10

Marilyn Barrier-Jan 19

Thomas Nygaard-Jan 23

Sharon Rohrback-Jan 25

PRAYERS

--Prayers of comfort for the family of Ed Wold who passed away Dec 10, 2021. Many of us were so fond of him and his wife Grace who passed away in 2019. His daughter often mentioned to us how much they enjoyed the fellowship of Blå Fjell lodge.

ED WOLD OBITUARY

Edward L. Wold Jr.**January 16, 1930 - December 10, 2021**

Edward Wold, 91, of Salem, was welcomed by Jesus to his heavenly home to be reunited with his loving wife Grace on Friday, December 10, 2021.

Ed was born in Cloquet, Minnesota, on Thursday, January 16, 1930. After High School, he joined the Army and served in Korea from 1948 to 1952. He then went to college where he met Grace and they married in 1956. He graduated from Syracuse University with his Master's degree in social work.

He relocated his family to Virginia in 1971 to go to work for the Salem VA Medical Center where he worked for 24 years. He then earned his clinical social work license and entered into private practice.

Ed and Grace were active members of Gideon's International for 23 years and they then became pastors of Sharon Baptist Church in Clifton Forge, Virginia where he and Grace served for 17 years. He finally fully retired in 2013.

His life enjoyments included his family, tree farming, canoeing, wildlife, and model shipbuilding. He occasionally wrote articles about tree farming from the standpoint of a landowner.

He was preceded in death by his parents, Edward L. Wold Sr., and Esther O. Johnson Wold; and his wife, Gladys Grace Wold.

Left behind to cherish his memory are his daughter, Becky Burnett (Brian); son, Jeffrey Wold (Shirley); grandchildren, Nathan (Kimberly), Shannon, Stevie (Alison), and Shawn; and great-grandchildren, Trey, Jude, and Johnny.

He also leaves behind a host of dear friends from Melrose Baptist Church where they were members.

WORDS OF WISDOM

A little spark of KINDNESS can put a colossal burst of SUNSHINE into someone's life.

Inspire kindness.

from "Hippie State of Mind" Facebook posting shared by Sharon's cousin

PRESIDENT MESSAGE

We do not have an election of officers until November 2022. The same officers as shown above will continue through December 2022, with installation early 2023

What a wonderful time we had at our Julefest. Several people commented on the beautiful decorations and table layout (thank you, Cheri, for organizing that). Thank you to everyone who donated the delicious food. Thank you for the many people who volunteered to help set up and clean up.

Sharon Rohrback and Cheri Johnson, co-Presidents

SUMMARY OF BLA FJELL 2021 YEAR

WHAT A YEAR 2021 WAS! - BUT WE ACCOMPLISHED A LOT!

(from Cheri Johnson and Sharon Rohrback, co-Presidents and Cheri Johnson, Treasurer)

Lodge officers continue through year 2022, so no election was held in 2021.

Sadness: We mourned the death of member Robert Rohrback who assisted the lodge in so many ways. We mourned the death of our lodge founder Wally Post; the family had a small private funeral. And most recently on December 10, we mourned the death of member Ed Wold who joined in 2018.

Accomplishments: We approved the line-item budget for 2021. In April, our updated Blå Fjell Bylaws were approved by SON after working on it for several months and COVID delayed reviews.

At each meeting, members brought canned goods for Salem/Roanoke Food Pantry, and stamps for Tubfrim.

We were able to hold in person meetings again. Our March, April and June meetings were at St. John Lutheran Church, and we returned in September to meet at College Lutheran Church for the remainder of the year

In May, we were able to participate in the Roanoke's truncated Local Colors festival which was limited to 25 booths. We successfully submitted, for the second year, a request for SON Foundation money to cover Local Colors expenses; the money we didn't use because of the truncated event was used toward our lodge 25th Anniversary celebration.

We celebrated Blå Fjell's 25th anniversary in October, at Richfield Living Center's "The Quill" restaurant. Three of the 9 charter members were able to attend. Each charter member received a SON-year membership pin which was mailed to those unable to attend. The Anniversary planning team created an updated salute document to the past and current lodge presidents.

We had a joyful Julefest gathering on December 11, 2021. It was great for so many of us to be gathered in person.

Cheri Johnson, as our Children's Activities Director, was able to teach a COVID-safe sessions at Faith Christian Church (our school for the SON Adopt-a-School project.) In October, there was a Leif Erikson session. Because of school restrictions on who entered the building, Cheri did the sessions by herself outdoors assisted by a classroom teacher. However, in November several of our lodge members led by Cheri, led presentations at the annual Icelandic Viking Day. To meet COVID spacing restrictions, we met in the school cafeteria with room to spread displays around several tables. We are very thankful for the cooperation of teachers assisting with this.

We will have an election in November 2022 for the 2023-2024 term.

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

VERY GOOD FINANCIAL YEAR FOR 2021

Even though we didn't see each other as much this year, and when we did, we gave of our time, energy, and money generously!!

We started out the year with Local Colors making \$401 which was more than the previous year.

Then we had a yard sale in June making \$505.25.

Our next fundraiser was the Nordic Auction and Sale where we made \$383.

We want to thank you and all of your kind donations to the yard and Nordic Sale. Thank you also for bakery and dessert donations to our Local Colors.

Even though we didn't see each other as much, we were thinking of our lodge. We are a small lodge, but let's keep it going and continue our kindness and contributions. Our "Worthy Cause" exceeded our goal of \$100 to \$123 also.

Thanks everyone for what you have given! Let's do it again in 2022!

MINUTES of DECEMBER 2021 MEETING

The lodge meeting was opened 1:30 pm, and the anthems were sung. Before our Julefest activities, there was a brief Business session. Attendees voted to give our "Worthy Cause" collection to a family with medical expenses. The Worthy Cause is built from the collection of member's spare change/bills at each monthly meeting, and the money is given away in December. Joann Barfield announced our lodge has given a total of **50.5 POUNDS** of canned goods to the Salem/Roanoke Food Pantry throughout the year, which she pronounced VERY GOOD, considering the restrictions of the year. Blå Fjell Lodge co-presidents prepared and submitted a request for \$930.00 to SON Foundation for its Lodge Vitality grant. A decision will be made in March 2021. This fund will be used to advertise our SON monthly meetings and special activities more extensively, and to attract younger single or family members

Marilyn Barrier, Secretary

MEMBERSHIP SECRETARY MESSAGE.

In light of the recent Covid news, I believe it is appropriate to rethink our position on membership recruitment at this time. As much as I had hoped (and expected) that we would be launching an advertising campaign, as well as encouraging a renewed emphasis on membership prospective contacts, at the beginning of this new year, this is not the right time! Rather, let us all pray for family and friends and all who may be suffering from Covid, with hopes and prayers that "this, too, shall pass". This is an appropriate time to give thanks for the good fellowship and support that we have been able to enjoy throughout this time of pandemic. I pray that you all will continue to observe safety precautions, so that we can return to our normal activities soon.

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

From JoAnn: As the new cultural directors, Lucy and I have realized how difficult it is to fill Cheri's SON Cultural shoes! We are working hard to keep up the knowledge and enthusiasm Cheri has shown in her devotion to teaching us all about Nordic culture over the years!

With that in mind, I'm looking forward to sharing my newfound knowledge on New Year Traditions of Norway, Sweden, Denmark and Finland at the SON meeting on January 22nd. I look forward to seeing you all there!

From Lucy: I rode the train from Roanoke to Seattle for the holidays. Snow has kept us mostly off the streets since Dec. 27th. I did go to Larsen's Danish Bakery in Ballard last week. It's as yummy as ever. Smorkage was delicious! They had hedgehogs that were a sugar cookie with a brownie on top covered with chocolate icing then decorated to look like a hedge hog. Bristles were coconut. Hope you all have a wonderful 2022.

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

CHERI JOHNSON, DIRECTOR OF CHILDREN'S ACTIVITIES.

We only have a couple of children in our Heritage group, but I try to involve them each year in one or two activities.

Makenzie and Victoria Epperly were our Lucia girls and Santa's helpers. They love dancing around the Christmas tree every year. Let's try to include children in our future activities. They brighten our days with their energy!

On February 4th, I will be doing a Sami Cultural Hour with 3rd graders at Faith Christian School. It's a program the children love to do each year. They cover Global Studies in 3rd grade, so it fits right into the curriculum

With the anticipation of more members and possibly children, I would like to make a nice Nordic Box with several items in it in case children come to a meeting. It would stay at the church and be accessible to anyone at the meeting. Any ideas? Anyone want to help me!?

**BLA FJELL LODGE JULEFEST Dec 11, 2021
held at Christ Lutheran Church, Salem, VA.**

**Such a beautiful table setting.
At gathering, we had warm Glogg.**



**Hot food provided by the lodge:
pork loin, lutefisk, Swedish meatballs,
Norwegian meatballs, boiled potatoes.**

**St. Lucia procession (Cheri Johnson's grand-
daughters), with all of us singing "St. Lucia".**



Many donated salads and bread..

article continued next page



Special Centerpiece.



Dessert table.



Dancing/singing around Jule tree



MEMBER MEMORIES - from Cheri Johnson

December 12, 2021 "Buckskin Night!"

Tonight was "Buckskin Night!" This is a recipe from my German grandmother who took a Norwegian recipe from my grandfather and changed it. The recipe is "Lefse" and instead of putting butter and sugar on this potato burrito, grandma put meat, carrots, potato and a tablespoon or two of vegetable soup. We rolled it up and ate it like a burrito with juice dripping down our chins. We loved it! Tonight, we all ate it like grandma but everyone wanted more. It could be that everyone is getting bigger than me and need more..... or..... they like it just as much as I did when I was a kid! I try to make it once a year, but I think I will make it again in the cold winter! We also ate it with butter and sugar for dessert! Memories are good! Grandma would be proud I carried on her talents,



One woman commented to Cheri's posting "That lefse looks just very delicious, Cheri 😊 We use it together with meat as well, on Christmas Eve we serve it together with our Pinnekjøtt (salted and sometimes smoked, and dried lambribs) Yammi"

MODERN NORWAY NEWS -- need articles

NORDIC CULTURAL/HISTORICAL NEWS

(thank you, Todd and Elaine, for this news. Sharon).

1. "New Dates for the Start of Viking-age trade".

Todd Solberg emailed this link to me December 24. Right click on the link and choose Open hyperlink.
<https://phys.org/visualstories/2021-12-dates-viking-age.amp> .

My (Sharon) summary of text for the video stated this is film from a major excavation at Ribe, one of Viking-age Scandinavia's principal trading towns. The team (didn't say who) worked in collaboration with the Museum of Southwest Jutland, in the Northern Emporium project.

2. One of the largest-known Norse longhouses discovered near Viking ship burial.

(note from Sharon: In her email, I could click on the link and it would open. I could not do so after copying it into the newsletter so you may have to paste the link into search engine.

Elaine Becker Fischer emailed this link to me December 22. This is a LiveScience article.

<https://www.livescience.com/norse-longhouse-discovered-viking-ship-burial>.

The newly found longhouses were discovered by ground-penetrating radar, Archaeologists in Norway have discovered the remains of a cluster of Norse longhouses, including one of the largest of these structures ever found. The investigations of farmland at Gjellestad, in southern Norway about 50 miles (85 kilometers) southeast of Oslo, have revealed the underground remains of at least five longhouses. The buildings were about 1,640 feet (500 meters) northeast of a Viking ship burial discovered in 2018 with radar scans, according to a statement by the Norwegian Institute for Cultural Heritage Research (NIKU). Archaeologists haven't dated the buildings yet, but the ship burial nearby is thought to be from the late Iron Age in the region, about A.D. 750 to 850.

HUMOR

(Copied from Ingrebretsen's Nordic Market Place facebook posting.)

Ole was cutting a hole in the ice for ice fishing. A booming voice from the skies said: "There are no fish." Ole moved to a different spot and started cutting again. The voice repeated, "There are no fish here." "Is dat you, God?" asked Ole. "No, said the voice, "I am the rink manager."

MORE HUMOR

NORWEGIAN DINNER PRAYER *provided by Lars Hagen*



RECIPE

Norsk Juleribbe [Norwegian Holiday Pork Belly]

Harald's Juleribbe Recipe

Prep Time: 2 days | Cook Time: 3 hrs

Todd Solberg shared this entry from the Norwegian-American Chamber of Commerce blog (thenomblog). posted on December 29, 2015. article is continued into the next page.

\Pork belly is "king" on Christmas Eve for most Norwegians. While I did not grow up with this tradition, more than 50 percent of Norwegian households serve this cut of meat over the winter holidays.

Last year my dad received the recipe from a close family friend, and with a resounding success we cooked it again this year. The ingredients and preparations are simple, yet the end result is an crispy-fried, bacon-y, finger-licking-good pork-rind piece of deliciousness. Bring something new to the table this year, you'll definitely impress friends and family with this one!

Ingredients

2 lb Pork Belly

(Portion suggestions from my dad: Either can do pre-sliced (4 strips) or whole slab). Figure 1/4 lb per portion?

2 cups water

Salt & Pepper

Norsk Juleribbe [Norwegian Holiday Pork Belly] continued

Preparation

Keeping the fat side down, season pork belly with salt & pepper and let it sit in fridge for 2 days

Cook Method 1

4a) Keeping fat side down put pork belly in roasting pan

– Heat 2 cups of water in microwave and pour over pan

– Cook in 395°F oven for 45 minutes

5a) Remove from oven. Turn pork belly fat side up and place onto rack, over the same pan, leave water remaining in pan.

Cook Method 2

4b) Turn pork fat side up into roasting pan.

5b) Heat 2 cups of water in microwave and pour over pan, cover pan with foil.

– Cook in 395°F oven for 40 minutes

Final cooking

6) Bake for 2 hours at 395°F.

7) Finish with low broil 5-10 minutes to crisp

– Keep close watch on pork belly so it doesn't burn

Serve with aquavit (Norway's potato-based spirit), white bratwurst, potatoes, and red cabbage.

Noms!

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)

NORSKEDALAN

*(Shared on Gateway to Florida lodge Facebook page. A 2017 article from onlyinyourstate.com).
(p.s. Sharon's sister in Harpers Ferry, IA lives only an hour away from this; we plan to see it on my next visit)*

Most People Don't Know Wisconsin Has Its Own Norwegian Valley And It's Picture Perfect

Norskedalen, 400 acres in Coon Valley, Wisconsin.

Wisconsin has a wonderful history and culture that stems from the people that first came here and settled in the area. Bits of their heritage still shape who we are as a state. While most people associate Wisconsin with having been settled by Germans, **there's a great Norwegian history in the driftless region and this awesome valley preserves the culture and nature of the area.**

An oft-overlooked group of immigrants that settled in the coulee- or driftless - area of Wisconsin are the Norwegians.

Norskedalen is a wonderful valley center that preserves and highlights the gorgeous nature around it while helping to preserve the culture and history of the Norwegian people that came to Wisconsin in the 19th century.

pictures continued on next page



SONS OF NORWAY OFFICER ARTICLE(S)

1. DISTRICT 3 FOUNDATION DIRECTOR'S MESSAGE.

Happy New Year to all. Our annual October Sons of Norway Foundation campaign for 2021 has been very successful with over \$160,000 dollars raised. Or about 1,414,280 Kroner. Many 3rd District Lodges donated this year along with an untold number of individual Sons of Norway Members from our District. Donations received up until the 15th of January will be tabulated into the final total for 2021 so if your lodge has been waiting to see how your budget closes out for 2021 you still have an opportunity to add your Lodge's name to the Foundation Annual Report. And my sincerest thanks to all of you and the lodges that have already shown their support of The Sons of Norway Foundation.

To donate: <https://www.sofn.com/foundation/>

Thank you

Dirk Hansen

District 3 Foundation Director

2. DISTRICT 3 PRESIDENT'S JANUARY 2022 MESSAGE.

(from Sharon: see bolded sentence re 2022 Convention officer nominations)



January is a great time to look back on 2021 and to also look forward to 2022. This type of introspection gives us an idea of how far we've come and also reminds us of what is yet to be done.

I enjoyed my lodge's 45th anniversary/ Juletreffest and hope you also have had some pleasant times whether with your lodge, family, church or friends. I want to wish you and yours a prosperous and Happy New Year. As we leave the year there are reasons to be optimistic. Multiple COVID-19 vaccines are approved and are available to the public. As you gather for the holidays, I hope you are taking all the precautions that are available and warranted. Let's keep everyone safe. This should put us on a path to a degree of normalcy **as the year progresses looking forward to** our in-person lodge meetings, events, dinners out, and of course **our convention in Jacksonville. If you are interested in being considered for a leadership role, please contact a current officer or nominating committee members Barbara Berntsen at barbarajb1230@optonline.net, or Gail Martinsen at gail8402@aol.com to better understand the commitment.**

The District Board approved the motion that each and every lodge in our District receive a check from the Third District to go toward any kind of Lodge event or used to cover operating expenses. We want you to know even with how bad things had gotten during this pandemic, when push came to shove your lodge members came through and your lodge is prevailing. Let us know what you found your lodge using this little bit of "Good will" for.

Keeping the lodges informed is essential to developing and maintaining strong membership participation. We are working hard on a District level and are also keeping in touch with the International Board to keep our Sons of Norway 3rd District's membership informed about what's going on in Sons of Norway. It's an ongoing

process and the updating of the Sons of Norway Bylaws is continuing. Following, I'm repeating what our District Secretary Jeanne Addison has to say about important deadlines. Please have your lodges follow-through with these.

You can find a good list of yearly important deadlines for Lodge business on the Sons of Norway website www.sofn.com at Log In/Member Resources/ Lodge Leadership Resources/ Administrative Resources/ Important Deadlines.

IMPORTANT 2021-2022 DEADLINES:

December 2021– D17 and D18 forms, instructions, and timeline sent to lodge treasurers_____

Dec. 16, 2021 – Application deadline for Sons of Norway Foundation Community Partnership Grant_____

Dec. 31 or sooner, 2021 - Lodge Officer Update/ D63 form due to Sons of Norway Membership Services. All lodges, whether in an election year or not, must complete. _____

Dec. 20, 2021 – Mail an expense receipt and a brief statement to District Secretary for the \$100 Fraternal Fund reimbursement. _____

Dec. 31, 2021 – Application deadline for Sons of Norway Foundation's Lodge Helping Hands to Children Grant, Lodge Culture and Heritage Grant, and Lodge Vitality Grant. _____

Jan. 1, 2022 – Some Sons of Norway Foundation Scholarship applications due. _____

Jan. 10, 2022 – Third District Directory Order Form (on www.3dsofn.org) due to District Secretary. _____

Over the next few months, lodge will begin for preparations for 3D convention 2022. This will include selecting and voting for delegates, looking into fund raisers for your elected delegates, writing resolutions that you may want your lodge to present, getting your folk-art crafts ready for competition, donations to the Viking Auction, journal ads, etc. I recently traveled to the Jacksonville Hotel chosen for the convention and what a wonderful site it is. Right on the St. John's River and the Riverwalk. The water taxis that pick-up just out the door and the riverside pool and sundeck. It's going to be a great couple of days doing District 3's business, seeing some old friends, making new ones and having some fun while were working for the betterment of our lodges and District 3.

Finally, for the majority of calendar year 2021 the focus has been on navigating the pandemic and incorporating safety measures throughout Lodge operation and social activities. The last 20 months have been hard on all of us but it is so wonderful to see how much we have accomplished together. Thanks to you all we'll be going into the new year with strength to build on. A new year that will bring new opportunities and challenges.

In closing, please stay safe, look out for family and friends. "Let our new year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word." -

Hans Göran Persson, former Prime Minister of Sweden

Fraternally, Kathy Dollymore

LINKS

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

Third District Today news: 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

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

For Sons of Norway E-Post sonsofnorway@sofn.com

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 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 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!!

