



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

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 LODGE GATHERING: July 24, 2021

3-5 pm (note the time)

Our annual social picnic get-together at the home of Joann Barfield.

Bring your saved stamps for Sons of Norway Tubfrim.

Bring your canned goods for Salem Food Pantry.

WE WILL RESUME MEETING AT COLLEGE LUTHERAN CHURCH with our next official meeting, in September.

MARK YOUR CALENDARS

July 24, 2021: Annual Picnic. 3-5 pm (note the time) at Joann Barfield's home.

August 2021 Summer break.

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: Blå Fjell Lodge 25th Anniversary. Location/time TBD. *Event Chairs Joan, 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.

Mark Your Calendars continued next page:

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

JULY BIRTHDAYS:

Ellen Hinlicky - 7/1

Jan Helge Bohn - 7/7

Lucy Hochstein - 7/10

Vernon Ferguson - 7/14

Joe Lindsoe - 7/29

PRAYERS:

1. Gudrun Arnardottir Harvard.. Icelandic friend of Blå Fjell lodge. Condolences on the death of her father.
2. Lucy Hochstein: Thanksgiving that Lucy is fully healed from her broken knee; rehab is done. It was good to see her at June meeting.
3. Sharon Rohrback thanks all who expressed condolences on the death of husband Bob.

LODGE ANNUAL PICNIC, JULY 24, 3-5 PM (NOTE THE TIME)

at Joann Barfield's home: 3719 Bredlow Circle, Salem, VA

directions are given below.

Join us at the lakeside home of Joann Barfield for Bla Fjell lodge potluck picnic . . entertainment by Resident Geese provided! "Fishermen/women are welcome to bring their poles!" Bring a side dish to share. (Pork Loin and Hot Dogs provided; paper plates, napkins, plastic wear provided.)

How to get there: Directions to 3719 Bredlow Circle at Richfield Lake Estates in West Salem .. West Main Street, Routes 11 & 460, about 2.5 miles beyond the exit for I-81; past the third stop light (at Medeco and two new apartment buildings on the right) to main Richfield entrance on right; turn right and continue past Lower Lake, Richfield Rehab, and Wellness Center on right, Ridgecrest on left, to Knollwood straight ahead, BUT TURN RIGHT on Bredlow Circle before you reach Knollwood; four cottages on Bredlow Circle; 3719 is the third cottage. Park in driveway (but NOT in front of neighbor's garage), on the grass, in parking area across the street (at Shenandoah Room entrance) or in Visitor Parking at Wellness Center. There's a Florida Gator on the front porch and the Norsk flag flying!!

PRESIDENT MESSAGE

It was certainly nice to see people's faces at the June meeting. Wearing masks at St. John Lutheran is now a personal choice and we no longer had to provide manufacturer's pre-packaged snacks. Thank you, Cheri for providing the snack.

Sons of Norway (SON) headquarters notified us that our final submission of April's Bla Fjell Lodge By-Laws has been approved and will be filed. Copy was sent to Corresponding Secretary, Kathy Clark, and a copy will be given lodge Historian, Karen Scott to file in our archive binder.

Cheri Johnson's had an article in the Summer 2021 "Scandinavian Press" magazine, "Views from the Mailbox" section.

"Keen interest in the sagas.

Love an issue on Gudrid - mother of Snorri, born in Newfoundland 1006 A.D."

Sharon Rohrback and Cheri Johnson, co-Presidents

MINUTES OF JUNE 26, 2021, MEETING

Meeting was called to order by President Sharon Rohrback at 1:25. We met at St. John Lutheran Church in Roanoke. We had 14 in attendance. The three National Anthems were sung by members.

Sharon made the following announcements in regard to our monthly meetings.

July 24 - no meeting will be held. We will have a picnic at Joann Barfield's house. Members were asked to bring a dish. Directions to the picnic will come later.

August- no meeting. This is the lodge annual summer break.

September 25 - we hope to be meeting at College Lutheran Church in Salem our home church where all our meetings have been held. We will hold our Nordic auction and bake sale.

Local Colors participation was discussed. All were pleased with the number of folks in attendance. A discussion took place regarding changing the children's table to everyone table as many adults were interested in brochures and crafts. Two tables of baked goods were sold out and sale was very successful.

Membership Secretary Joann Barfield discussed and passed out information and forms to be filled out on Blå Fjell to participate in our Lodge Community Service Visitation Program. This Community Service project is in honor of our 125th year Anniversary.

Joann also mentioned that the membership committee is making calls and emails to our members reminding them of meetings. Committee will look into more postings of meetings in papers and local areas.

Fraternal Gives Administrator, Kathy Clark stated she needed the hours calculated for each member who participate in events . She needs to document them in the archives. A list was passed out and everyone posted their hours.

Cheri Johnson, Treasurer, discussed our participation in the 3rd Districts SON Longest Day Fund Drive for the Alzheimers Association. She distributed info and passed cup around for donations. Cheri also stated that total sales from Local Colors and our Garage Sale were profitable. Cheri paid membership dues for Vernon so he can continue to be our Web Master.

Our monthly program was "Woman in Norwegian, Danish and Icelandic fairy tales". This program was presented by Annita Nelson, JoAnn Stephens-Forrest, and Lucy Hochstein. Each presentation included various tales that were truly enlightening about the qualities of the women portrayed. Sharon Rohrback offered to e-mail a copy of the presentation text to all members and friends of the lodge. It was a very knowledgeable presentation and enjoyed by all.

The June Meeting was adjourned at 3:10.

Marilyn Barrier, Recording Secretary

CULTURAL DIRECTOR MESSAGE

GREETINGS to ALL! It's been a long time since many of us have all been together.

We are looking forward to seeing everyone for the picnic later this month!

Even though we will not have a formal Cultural Presentation, come prepared to play our own version Scandinavian Jeopardy! The one who has the most correct answers will receive a prize; and let's face it – no matter how young or old we are – we all like winning prizes!!

We will also learn about and play a few Scandinavian games. If you know any, plan to share with the group!

See you at the picnic!! Be ready for some fun!! Lucy and JoAnn

MEMBERSHIP SECRETARY MESSAGE:

To follow up on three very successful recent events (Local Colors, the Yard Sale, and the June meeting), we need a fun social! It will be our annual Picnic at my cottage at Richfield Lake Estates .. **come one, come all, and invite someone .. family, friend, prospective member!** Complete details above .. be sure to include your numbers in response to the reminder call from the Membership Team the first of the week of the social .. let's have as good a time as we did last year!.

Joann Barfield, Membership Secretary

YARD SALE NEWS

Our 2021 yard sale was the best! We made \$505.25 and were blessed with so many contributions. The Jamison Orchards gave us 10 boxes of left-over merchandise from their sale and 3 pieces of furniture. We received a lot of items from the Greenbriar from a friendly neighbor. I was surprised that so many people wanted to get rid of their junk and brought us the boxes.

Good weather was to our advantage and the one day, 8 hour sale, gave us a huge profit. A special thank you to all the members who sent little and big items to sell. This is teamwork and I greatly appreciate your help before, during, and after the sale. The three of us who were left at the end decided we needed a cleanup team next year. Sharon, Don and I were all exhausted by the end. We all loaded 12 boxes of leftovers into Sharon's truck, and she took it the following week to Mrs. Dorsey's Clothes Closet in Salem. This place is a non-profit organization that gives items to people in need. Thanks again friends for making a \$500 profit possible.

Submitted by Cheri Johnson, Event Chair

GETTING READY FOR THE AUCTION IN SEPTEMBER

Some of our members are new and need to know 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.....prices 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! and request for volunteers

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

BOOK SUGGESTIONS

1. GUDBRANDSDALEN - donated to Bla Fjell Lodge by Joe Lindsoe

Among the items that Joe Lindsoe donated to Blafjell Lodge were several copies of the booklet "Gudbrandsdal and America", which commemorates the Norwegian emigration to America 1825-1975. Both of my grandparents came from Gudbrandsdalen, as well as the families of Marlin Thompson and Wes Nelson .. I gave copies of the book to Marlin and Annita .. in fact, the largest number of emigrants to America came from that area of Norway .. If there are other members whose heritage is Gudbrandsdalen (or would just like to read about that area) and would like a copy of the book, please let me know .. It is interesting reading.

Submitted by Joann Barfield, Membership Secretary

2. Books related to the June mtg program: "Women in Myths and Sagas."

Sharon's personal copies, available for loan if requested.

1) The Sagas of Icelanders.

2) *Nordic Tales . Folktales from Norway, Sweden, Denmark, Finland and Iceland*. A collection of 17 stories collected, translated, and published in the late nineteenth early twentieth centuries. They were excerpted from publications, all of which are in the public domain. A few tales mentioned in this book are: from Denmark-"The Magician's Pupil"; from Finland-"the Forest Bride, the Story of a Little Mouse Who was a Princess"; from Iceland-"Hildur, the Queen of the Elves"; from Norway-"East of The Sun and West of the Moon"; and from Sweden-"The Old Woman and the Tramp".

Other books mentioned as sources used for book #2 above. Not in Sharon's or Bla Fjell lodge libraries.

3) Jon Arnason's *"Icelandic Legends"*. Translated.

4) P. Ch. Asbjorson's *"Christmas Fireside Stories or Round the Yulelog: Norwegian Folk and Fairy Tales"*. Translated.

5) Baron G. Djurklou's *"Fairy Tale from the Swedish"*. Translated.

6) Parker Fillmore's *"Mighty Miko: A Book of Finnish Fairy Tales and Folk Tales"*.

7) Jonas Lei's *"Weird Tales from Northern Seas"*. Translated.

8) Benjamin Thorpe, editor: *"Yule-Tide Stories: A Collection of Scandinavian and North German Popular Tales and Traditions from the Swedish, Danish, and German"*.

Submitted by Sharon Rohrback, Librarian

GETTING TO KNOW YOU - need member 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 invite all members to share a past or current memory.

From Marlin Thompson: Norway: the road to Juvasshytta (1841 m)

My grandmother's niece spent U.S. \$3.7 Million of her own money to pave 9 miles of her toll road to Juvashytta. Link to the video is shown below.

<https://www.youtube.com/watch?v=-0GEltrYzj8>

The road to Juvasshytta / Galdhøpiggen summer ski area in Norway.

From Joann Barfield: Copy of Hometown Memories Article Submitted to "Scandinavian Press" magazine.

I was saddened to read in the Summer 2021 issue of Scandinavian Press of the death of Larrie Wanberg, a prominent contributor to Scan Press and to the Norwegian-American newspaper, which some of our membership read. It was especially interesting to me when he wrote of his hometown in North Dakota, which was the town seat of my home (and of SON International Secretary, Marci Larson). Larrie was a son of the Rev. R. T. Wanberg, a large part of my youth; Rev. Wanberg was minister of our four-church Lutheran parish, including the Norwegian Lutheran Church which we attended when our Icelandic Lutheran Church was without a minister, and he married my parents. Rev. Wanberg was a prolific writer and made it a practice to keep in touch with couples whom he had married over the years; I had recently sent to son Larrie the letter that he wrote to my mother shortly before he died, and it brought back many memories.

Larrie Wanberg was a great writer and educator in many fields, and his death is a great loss to the Norwegian community. Once again, we see the wonderful benefits of the broad experiences of our Sons of Norway membership!

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)

MODERN NORWAY NEWS

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

NORDIC HISTORICAL/CULTURAL NEWS

(We invite all to share an article or link to an article here.)

1. Facebook post from Sons of Norway District 7. Article from LifeinNorway.Net

Viking Village Discovered in the Norwegian Mountains

June 10, 2021 by David Nickel

[Home](#) » [Viking Blog](#) » Viking Village Discovered in the Norwegian Mountains

The remains of a settlement discovered on a remote mountain pass has been radiocarbon dated to the Viking Age. The findings confirm a local legend.

Norway's melting glaciers continue to reveal incredible archaeological finds. Now, evidence of a [Viking settlement](#) high up in the [Norwegian mountains](#) has been discovered and dated by archaeologists.



2. Facebook post from Sons of Norway District 1 - as shared on the Bla Fjell Lodge Facebook page.

Newly Excavated Viking Dwelling May Be Oldest Found in Iceland. Archaeologists say the settlement, which may have housed a Norse chieftain, dates to roughly 800 A.D. The primary significance of the settlements lies in its age. The site, known as Stöð and located in Stöðvarfjörður fjord, shows human presence in Iceland decades before AD 874, the accepted date for when Iceland was permanently settled. A pair of books from the 12th century claim the island's first inhabitants arrived in 870 A.D. at the earliest; one of these texts, the Landnámabók or Book of Settlements, states that Iceland's first settler was Ingólfur Arnarson, who sailed from Norway to what is now Reykjavik with his wife, Hallveig Fródadóttir, in 874 A.D.

More detailed articles about the discovery

(Iceland review) <https://www.icelandreview.com/.../viking-age-excavation.../>

(Iceland Magazine) <https://icelandmag.is/.../new-archaeological-research...> Located in the Stöðvarfjörður fjord on a farm called Stöð, the remnants of Viking Age habitation were discovered by accident in 2003.

RECIPES

Recipes shared by Cheri Johnson, from "NORTH WILD KITCHEN by NEVADA BERG"

A little info. first...Bilberries.....European blueberries
 Black currants.....blackberries
 Cloudberries.....golden raspberries
 Lingonberries.....cranberries

SIMPLE FISH CAKES.....makes 8

1/2 large onion
 1 pound fish...cod, haddock
 1 teaspoon salt
 1 1/2 tablespoons potato starch
 1/2 teaspoon white pepper
 1 cup milk
 lightly salted butter for frying
 Pulse onion in a food processor for 30 seconds
 Pulse fish and salt for 30 seconds
 Add potato starch, pepper, and milk to onion, fish, salt mixture
 Shape mixture into 8 patties
 Fry in butter in heavy frying pan for 3 min. on each side
 Press finger in center of fish cake to test doneness
 Serve warm with brown gravy and buttery boiled potatoes or between a crusty roll

NO COOK, STIRRED STRAWBERRY JAM.....makes 2 cups.....lasts 5 days in refrigerator

1 pound of fresh strawberries
 1/3 cup granulated sugar
 Puree 1/3 of the berries with sugar, then add remaining cut up berries into the puree, put into containers for refrigerator; or cut up and crush all berries with sugar, then store in containers in refrigerator

HUMOR

SONS OF NORWAY Officer Article Section

I FROM DIRK HANSEN, Third District Charitable Giving team member.

The Longest Day Fundraising.

The Third District has committed to being "Dementia Friendly" To this end and to expedite the research toward achieving a cure for Alzheimers, the District is once again supporting the "Longest Day Fundraising efforts sponsored by The Alzheimers Association.

II. FROM THIRD DISTRICT PRESIDENT, JULY MESSAGE

As I sit here on Flag Day and think about what message I should send out for July, I am thinking about what life was supposed to be like last year in the summertime. First of all, I hope this note finds you and your family safe and healthy. Then I think about the losses some have endured from financial security to the lives of loved ones. I think about the fact that we are an organization of kindness and compassion. These are some of the finest qualities I find about our 3rd District.

HAPPY FOURTH OF JULY !!!!

I hope everyone has an exciting Fourth planned this year. While you are enjoying the hot dogs and hamburgers, we can celebrate the birth of this wonderful nation we are privileged to live in. Some of our lodges are taking the summer months off for members to visit with family and friends, now that the states are opening up after this 15 month of isolation. Some lodges are having summer picnics and kubb tournaments, group visits to the ball park. Whatever you are doing stay safe, stay cool, remember the suntan lotion and have a wonderful summer.

Thank you all for your encouraging words to me and your 3D board, your support, and understanding.
And thanks for treating one another like a neighbor in our Tremendous Third!

Kathy Dollymore
Third District President

LINKS

TO THIRD DISTRICT, 3D ZONE 7 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!!

