



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

***JUNE 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.***

For security reasons, we lock entrance front doors to our meeting site by 1:20 pm. We cannot hear you knock. It would be helpful to let us know if you are running late. Phone Sharon cell phone (521-1384) or Cheri cell phone (556-3611) so someone can let you in.

**YARD SALE: June 19, 2021 at Cheri Johnson's home**

**NEXT LODGE MEETING: JUNE 26, 2021**

**Location: Assume St. John Lutheran Church, Brambleton Avenue, unless told otherwise.**

**College Lutheran Church is meeting June 16 to determine if the church will now be open to outside groups.**

Bring your saved stamps for Sons of Norway Tubfrim.

Bring your canned goods for Salem Food Pantry.

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### MARK YOUR CALENDARS

We are meeting at St. John Lutheran until College Lutheran accepts outside groups.

**June 19, 2021** *Spring yard Sale at home of Cheri Johnson. Event Chair Cheri.*

**June 26, 2021: Meeting 1-3pm: Location TBD.** Program: Powerful Women in Norwegian and Danish Fairy Tales. Women in Icelandic Fairy Tales.

**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: NORDIC Auction/bake sale. Event Chair TBD.**

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

**Oct. 23, 2021: Blå Fjell Lodge 25th Anniversary.** Location/Time TBD. Event Chairs Joann, Kathy and Cheri.

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

**Nov 27, 2021: Meeting 1-3pm: Location TBD. Program TBD.**

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

**Dec 13, 2021: Blå Fjell Lodge Julefest/St. Lucia.** Date/Location/Event Chair all TBD.

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

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### MEMBER NEWS

#### **JUNE BIRTHDAYS:**

Arne Olson - June 9

#### **PRAYERS:**

##### **1. JOE LINDSOE MOVING TO OREGON JUNE 19.**

BON VOYAGE, JOE, and much appreciation for your many years of service to Blå Fjell Lodge!

He is flying out the morning of June 19 to be near his daughter in Oregon. He was glad some of his donations would be going on the Yard Sale. I said we'd be at the Yard Sale that morning, watching for him to fly overhead and waving Goodbye!

**Before June 19.** At the request of charter member and President Emeritus Joe Lindsoe Kathy and I paid him a visit on Friday, May 21; Sharon was not able to go that day. Joe had several boxes of Nordic artifacts and books that he wished to donate to Blå Fjell Lodge. These will be for sale at the Yard Sale or the Nordic Auction. We had a wonderful visit .. but Joe did express his loneliness since Betty passed away. **I thought he might appreciate a call or a visit** from some of our members, especially those "Old Timers" who knew Joe well. He is at Runk and Pratt Liberty Ridge in Lynchburg, near Liberty University, Room 112, telephone 434-485-7159, until June 18.

##### **Joe's new address will be:**

Avamere (a retirement community)

39495 Cascadia Village Drive

Sandy, Oregon 97055

(does not yet know his phone number)

(Sandy is between Portland and Mt. Hood in the foothills of Mt. Hood.

Joann Barfield, Membership Secretary

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**2. WALLY POST OBITUARY is on page 4.** We pray comfort for his family.


**3. ROBERT ROHRBACK OBITUARY is on pages 4-5.** We pray comfort for his family.

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## YARD SALE COMING UP - JUNE 19.

The yard sale is coming, and we are hoping for good weather and help from all of you!   
Time is running thin now, so be sure to set aside some time to look for treasures in your home that you do not need anymore.

Call Cheri Johnson at 540-556-3611 and I will pick up your items or meet you!

The sale is June 19th if it doesn't rain! Pricing of items is June 18th from 9-12pm

We price reasonably or bargain to get rid of items. You may price items if you wish. Also, start saving Kroger bags to put items in at the sale.

Thanks for your help, this is one of our fundraisers that helps to pay our expenses.

Our sale will be at my house. Cheri Johnson, 2239 Pommel Drive, Roanoke, Va. 24018,  
cell phone:540-556-3611.

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## PRESIDENT MESSAGE

### 1. REVISED LODGE BY-LAWS SENT TO SONS OF NORWAY May 28, 2021.

As you recall, our original submission in February was rejected by the SON Board, requiring further revision. Thank you all, who returned your vote of approval by the May 27 deadline voting unanimous approval.

### 2. LOCAL COLORS FESTIVAL MAY 15 - a huge success!. (see photographs in event article).

**Thank you, members Joann, Helene, Kathy, Annita, Larry, Inga, Walter and Carolyn, Ed; and lodge friends Don, Steve, and Lloyd.** Local Colors/Virginia Health Dept limited 4-5 people at the canopy. We were blessed with twelve volunteers who baked and/or worked at the site. Never have we had two tables of baked goods to sell thanks to a very generous outpouring. Five members worked at the site for the official event hours (some from 8:00 am-5:00 pm/some 1:00 pm-5:00 pm).

To quote Cheri: ""Yeah! We had a fun day at Local Colors Festival selling baked goods, doing fun activities with children, visiting with old friends, and seeing my old Viking friends! Beautiful day to make some \$ for Sons of Norway!" The Viking friend was Jeffrey Rigdon, former Blå Fjell president and creator of the "Vikings of the Valley" group. To quote Joann: Not only was it an ideal, beautiful day, but the venue was excellent and the crowds very responsive. It was a FUN DAY, and I was pleased to see many old friends and, hopefully, to make some new ones! Joann "

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## MEETING MINUTES.

None for May 2021. We participated in Local Colors Festival.

Marilyn Barrier, Recording Secretary

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## CULTURAL DIRECTOR MESSAGE

**In June,** the Cultural Committee will be dazzling and intriguing you with powerful women in Norwegian and Danish fairy tales. Annita will be sharing women in Icelandic fairy tales. **Be thinking of your favorite powerful fairy tale women to share.**

Lucy and JoAnn, co-Cultural Directors

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## MEMBERSHIP SECRETARY MESSAGE:

In addition to the record-breaking sale of baked goods (\$400 worth!), we got to talk with a record-breaking number of folks, eight of which signed up for more information; we have written them to tell them about our lodge and have put them on our mailing list, hoping to see some of them at future meetings.

We will be getting a bit more publicity, as three of us were interviewed by Blue Ridge PBS for an **American Portrait Special, The Story of US,** which will air on Blue Ridge PBS and online

([BlueRidgePBS.org](http://BlueRidgePBS.org)) on Wednesday, June 23 @ 7 PM .. be sure to watch it!

Now that the world is "reopening up" somewhat, we will be more aggressive in our publicity, with advertising, and we hope that lodge members will take this opportunity to invite family, friends, neighbors, and **anyone else** to visit a lodge meeting and see what we're all about!

Joann Barfield, Membership Secretary

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**Recruitment Update From Doris Kamstra, Sons of Norway Membership Manager**

Our Sons of Norway family has welcomed more than 5,000 new financial and social members in 2021. Eight lodges have met their recruiting goal so far. You can view the recruitment results through April 30 by lodge online. In July, I'll be posting updated quarterly results through June 30.

Over and over, I hear from excited new members who are thrilled to have joined our Sons of Norway family. Many are SO EAGER to learn about their family ties to Norway, and our shared Nordic history, traditions, and culture. They often mention how impressed they are with *Viking* magazine, the *E-Post* digital newsletter and your lodge newsletters. So, an extra *tusen takk* for spreading our Nordic spirit of *velkommen* to new members with calls, notes AND greetings in lodge newsletters.

And don't forget the important role of Social Media in all me**What DO we offer members?**

Some lodges and members ask questions about member benefits beyond social lodge activities. From our monthly *Viking magazine* to online resources like our Recipe Box, Cultural Skills topics, online blog, Sports Medal Program, active online Facebook communities and members-only genealogy guide—all members have many areas to explore in enjoying their unique membership. You can also suggest members visit our **updated member benefits page** to learn more about their exclusive members-only benefits and discounts.

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**WALLY POST OBITUARY - Wally died June 5, 2021.**

Pray for the comfort of Wally Post's family and friends. Wally is buried next to his wife, Lilla in their family graveyard which is on their land. Wally had been hospitalized for heart issues in recent years and may have suffered a heart attack. The address of his son and wife, Peter and Marilyn Post, is 1322 Post Hollow Road, Bedford VA 24523.

It is a Dutchman that we have to thank for the founding of Blå Fjell Lodge! When he married Lilla Bjorvik, he fell in love with all things Norwegian and led to his membership in Sons of Norway and Restauration Lodge in Media, Pennsylvania; later moving to Lancaster, Pennsylvania, Wally founded Bondalandet Lodge. Moving to Bedford, VA, Wally founded our own Blå Fjell Lodge, which was chartered on October 12, 1996, and he served as our first President until 1998.

Wally and Lilla kept Lilla's mother Jutta active with the Lodge, which honored her on her 100th birthday in November 2001. Four generations of the Post family were "center stage" at our January 2010 Julefest, with 14 members present, many in bunads owned by their mother and grandmother.

Although no longer a member of our Lodge, we are indebted to Wally for his founding of our Lodge and for his many contributions over the years to the Sons of Norway mission of the preservation of the heritage and culture of our Nordic countries.

**ROBERT "BOB" ROHRBACK OBITUARY - Bob died June 5, 2021.**

Pray for the comfort of Bob's family and friends. Bob was in treatment for six months after being unexpectedly diagnosed with lung and liver cancer in January of this year.

"Robert J. "Bob" Rohrbach, 75, of Roanoke, VA, passed away on Saturday, June 5, 2021. He was born on Thursday, December 13, 1945, to the late Robert L. Rohrbach and Betty J. Rohrbach.

Bob was a wonderful, caring, Christian man and father loved by many wherever he lived. He

had a strong faith, sense of patriotism, and commitment. He always wanted the best for everyone. He had quite a sense of humor and could make puns with the best of them. He and his father, both quiet men, enjoyed practical jokes and laughing at the Saturday morning Roadrunner cartoons.

He was a member of United Church of Christ, Lancaster, PA; College Lutheran Church, Salem, VA; Advent Lutheran Church, Arlington, VA; Holy Trinity Lutheran Church, Falls Church, VA; and currently St. John Lutheran Church in Roanoke, VA. Bob graduated from Roanoke College in 1967 with a business degree. Of course, the Vietnam War was active, so he enlisted in the U.S. Navy for four years, working in the Pentagon and then in Saigon. Upon leaving the service, he lived in Northern Virginia. Bob married Sharon Van Erem in 1973 and they had a daughter, Robin, in 1977. They lived in Falls Church and then Fairfax, VA before moving to Roanoke in 2005. Bob was a faithful member of several Virginia Masonic lodges, as well as the American Legion Victory Post 248 in Roanoke, the Kazim Shrine, and The Scottish Rite until his death.

He felt a great fellowship with the membership and what it stood for. He was a member of John Blair Lodge in Alexandria, VA and Taylor Lodge #23 in Salem, VA before living in Northern VA and after returning to Roanoke. He has also assisted many lodges in the Roanoke area. Bob was especially interested in World War II history, and in the plastic modeling of antique and modern ships, planes, fire engines, and cars of all eras. He belonged to the International Plastic Modelers Society (IPMS) Northern Virginia Club and Roanoke Valley Club, as well as the Old Dominion Historical Fire Society until his death.

In addition to his parents, he is preceded in death by his father-in-law, Arthur Van Erem; mother-in-law, Gertrude Van Erem; and several relatives in Pennsylvania and Iowa.

Bob is survived by his wife, Sharon, and daughter, Robin; sisters-in-law Kathy Whalen (Mike) and Georgia Henry (Randy), and cousins, nieces, and nephews.

A memorial service to celebrate his life will be held at 10 a.m. on Wednesday, June 9, 2021, at St John Lutheran Church, 4608 Brambleton Ave., Roanoke, VA 24018, with Pastor Mark Graham and Fr. Steve Kelley officiating. Inurnment will follow at Sherwood Memorial Park in Salem, VA.

In lieu of flowers, the family asks that you consider making a donation to the Shriners Children's Hospital, <https://shrinershospitalsforchildren.org/shc/donate>, in Bob's memory.

Online condolences may be sent to the family at [www.johnmoakey.com](http://www.johnmoakey.com).

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**LOCAL COLORS FESTIVAL EVENT PARTICIPATION**  
**May 15, 2021, at Sons of Norway Blå Fjell Lodge booth.**

Joann, Kathy, Sharon, at Baked Goods table



Annita at Children's table



Cheri and Joann with Jeffrey Rigdon, long-time friend and lodge president a few years ago.



Writing names in Runic at children's table (a favorite activity)



Steven came to help with children.  
He was one of Cheri's former students.



Sharon Rohrback by poster of a Leif  
(the one of Gudrun not in picture).  
Children could stand by it to be photographed.




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### RECIPE from Kathy Clark

#### Soft - popular summertime drink in Norway and Sweden\*\*

##### ingredients

1,000 grams (approx. 2 boxes) fresh, ripe strawberries  
1 1/4 cups granulated sugar.  
1 1/4 cups water

##### instructions

Wash and slice strawberries in half. add water.  
Boil for 10 minutes.  
Hang cheese cloth or a tea towel over a bowl; strain for 30 min. then squeeze the rest of the juice out.  
Discard the pulp.  
Sterilize canning jars by boiling in hot water for 10 min.  
Return juice to the pan and bring to boil while stirring in the sugar.  
Boil for 5 min until the sugar is dissolved.  
Turn off the heat and let the foam settle. Skim off the foam.  
Pour the liquid into hot jars. The jars must be hot.  
Cool and refrigerate up to 3 months.  
When ready to use, mix juice with water. a ratio of one part juice to 5 parts water.

**\*\*Your first question is, what is saft? Saft means juice.**

This is an everyday drink used for all people and also children. It is so loved that it is served alongside with Christmas porridge, ( julegrot). You can use cold water, sparkling water or warm water. Makes 4 cups of the juice. This drink was introduced long before Koolaid came on the market. Enjoy!!

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**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.

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**MEMBER MEMORIES - need member input.**

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

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**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)

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**MODERN NORWAY NEWS**

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

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**NORDIC HISTORICAL/CULTURAL NEWS**

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

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**HUMOR**

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**SONS OF NORWAY Officer Article Section**

**THIRD DISTRICT PRESIDENT (Kathy Dollymore) JUNE MESSAGE**

I hope everyone had an excellent 17th of May Day. Did you celebrate with family and friends, did you decide to have a quiet day flying your Norwegian flag and playing music, did you march in parades, did you feast on lutefisk, kumla, lefse, or Fårrikål, maybe hot dogs and hamburgers? Whatever you did I hope it was fun. On May 16<sup>th</sup> I was honored to have been invited to speak at the Picnic hosted by the Norwegian-American May 17<sup>th</sup> Parade Committee at Nansen Lodge in Staten Island, NY. It was a beautiful day of music, bunads and good wishes, good food and flags flying from the sidelines and even a parade marching around the property. After a delicious lunch, we sang "ja, vi elsker dette landet." (Yes, we love this country). What a wonderful gathering of fun we had.

On May 17<sup>th</sup> I attended a flag raising where the Norwegian Flag looked wonderful flying over Philadelphia City Hall. Only good things happenings from here on out.

Now that summer is just around the corner and we have just a year to the D3 Convention, in Jacksonville. The hotel is exceptional, right on the St. John's river. More information will be forthcoming from the committee, they are a great group doing a first-rate job for us. I hope your lodges are finding ways to help send delegates to the meeting. And now vacations are coming up! And what are your plans? Travelling, visits with friends and relatives, enjoying lazy times at the shore or at the pool side, a brisk hike in the wilderness – all good things and if you are required to mask up do so and stay safe.

Mornings are a wonderful time for a walk or a swim, think about the sports medal program and getting an award. Talk to your Lodge Sports Director for more information. Take care with sun exposure, keep yourself safe swimming, boating and other summer activities. If your lodge is one of those taking the summer months off, remember to take a "Join Now" membership application with you as you enjoy the summer, you never know who you'll meet on travels. Hurra for sommeren!! Have a happy, healthy and safe summer and don't forget to send in your pictures.

Fraternaly, Kathy

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## **LINKS**

### **TO THIRD DISTRICT, 3D ZONE 7 LODGES and INTERNATIONAL NEWS:**

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

Third District Lite news: , expect

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](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/>

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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!!***

