



# SONS OF NORWAY

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

**March 2022 Newsletter**

## **BLA FJELL LODGE SUPPORTS A DEMENTIA FRIENDLY SOCIETY**

Newsletter is sent Saturday two weeks before a meeting. Input is due the Thurs before it goes out.

### *Administrative officers:*

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

*Co-President: Cheri Johnson 540-556-3611 cell phone.*

*Vice President: vacant*

*Treasurer: Cheri Johnson 540-556-3611 cell phone.*

*Corresponding Sec'y: Kathy Clark 540-977-2349*

*Recording Sec'y: Marilyn Barrier -1-972-697-6096*

*Membership Sec'y: Joann Barfield 540-380-2926*

*Editor: Sharon Rohrback 540-774-0006*

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

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

### **Mission Statement:**

**The mission of the Sons of Norway is to preserve and cherish a lasting appreciation of the heritage and culture of Norway and the other Nordic countries.**

### **Regularly scheduled meetings:**

**Fourth Saturday of each month, 1:00-3:00 PM.**  
except when special events.

**NEXT MEMBER MEETING: March 26, 2022, 1-3 pm**

**Snacks and Drinks by Carolyn and Walter Sandberg**

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

Thank you to the Membership Committee calling team for phone call reminders before each mtg.

3/26/22	1-3 at CLC	Pgm: Identity Theft by Lucy	Snack&Bev'age: Sandbergs.
4/23/22	1-3 at CLC	Pgm Dementia by Physical Therapist Karen Ellexson of Richfield Living	Snack Lucy; Bev'age Marilyn
5/21/22	9am-5pm:	<u>Local Colors</u> event in lieu of mtg:	Event chair: Cheri
6/3 & 6/4/22:	9am-2pm:	Yard Sale fundraiser at home of Cheri. (setup is Thurs 6/2)	
6/25/22	1-3 at CLC	<b>Pgm tbd</b>	Snack&Bev'age: Helene
7/23/22	Time tbd:	<b>Lodge Picnic</b> at Rohrback home.	Food: all
August	month off		
9/24/22	1-3 at CLC	<b>Nordic auction/bake sale/yard sale</b>	Snack Karen& Bev'age Sharon:
10/22/22	1-3	<b>Anniv (26th) mtg at restaurant:</b> Time/Place tbd	Each pays own meal.
11/19/22	1-3pm at CLC.	<b>Pgm tbd</b>	Snack Cheri; Bev'age ???
<b>12/10/22</b>	1-3pm at CLC.	<b>JULEFEST (full meal)</b>	Food: all; St. Lucia.

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## MEMBER NEWS

### **March Birthdays**

No member birthdays in March

### **PRAYERS**

For peace in the world. Currently, especially praying for citizens of Ukraine and Russia in danger and upheaval by Putin's actions. The people in so many areas of the world are in danger because of their leader's actions.

For Marilyn Barrier's continued healing following an eye surgery procedure.

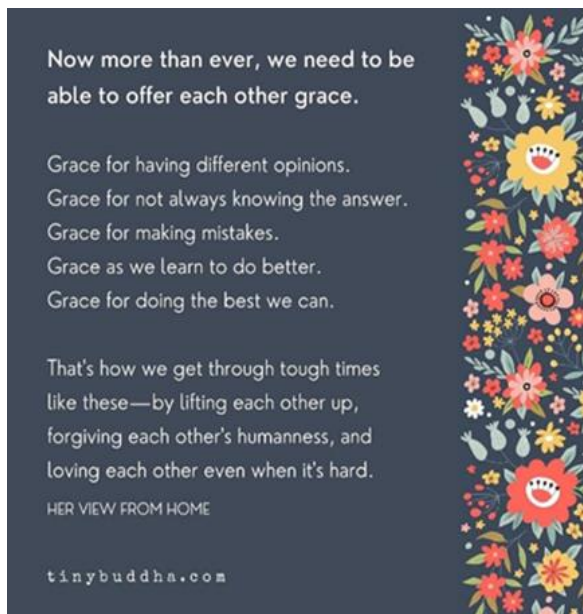
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## WORDS OF WISDOM

**Sharon's cousin shared these Facebook postings. (personally, I especially like the "Empathy" words. Sharon)**




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**FOR DISTRICT 3 NEWS: [www.3dsofn.org](http://www.3dsofn.org).**

**Open Menu tab. Select document from pull-down menu.**

Third District TDT is sent Quarterly; President's Message Monthly; Blog shows many interesting posts including our Bla Fjell lodge newsletter (we are trying to shorten length of our newsletters, so will also provide these links instead of printing the articles. Sharon Rohrback, Editor

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## BLA FJELL LODGE co-PRESIDENT MESSAGE

1. **District 3 Convention:** Bla Fjell delegates, by remote, are Joann Barfield and Sharon Rohrback. We voted to have no delegates and then the Zoom option came available. Lodge is allowed two delegates and two alternates.
2. **2022 International Convention will now be a Virtual, not in-person, meeting according to Ron Stubbings International President.** Details not yet available.
3. **Required year-end reports due now have been sent to SON:** Lodge Achievement (thank you Kathy and Joann) and Treasurer form D17 Lodge Financial report (thank you, Cheri). One for IRS due mid-April.
4. **Heads-up events to collect your items and reserve your time to help (details later)**
  - May 21 Local Colors booth: sell baked goods & Nordic artifacts; children's table; share heritage.
  - June 3-4 (Sat and Sun) yard sale fundraiser. Setup will be Thursday June 2.

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**YARD SALE REMINDER FROM CHERI JOHNSON.**



Hey! I am asking you to start collecting Kroger bags which may be costing 5 cents soon, so we have bags for our yard sale in June. You can collect and bring any kind of bags (plastic, paper, decorated) for customers. It is a good idea to start collecting items for that yard sale which is the first weekend in June. If we have lots of stuff we can make it a 2 day sale. Once again, I can come to your house to pick up items if you cannot get to my house. So please start saving your bags and all your contributions. Thank you!

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**MINUTES of FEBRUARY 2022 MEETING**

The Feb 26, 2022 meeting was held at College Lutheran Church, Salem, Sharon gave an update on the funeral for Hunter Grove. Last year the lodge had contributed money from our fund for his care. Cheri gave a report on the invasion of the Ukraine. We sang the 3 National hymns. The 3rd district convention will be held in Jacksonville, Fl on June 10-11. The International convention will be remote in Mpls, MN on August 31-Sept. 1.

Our new Adopt A School, Cornerstone Christian School needs books for their library. Cheri will collect them at the March meeting. This year Local Colors will be held May 21 at Elmwood Park. The lodge will need members to contribute their time and baked goods. Cheri is chairman.

The minutes from last month's meeting were approved. The treasurer's report was given by Cheri. Walter Sandberg discussed how we can get publicity for the lodge. We are waiting for a grant from Sons of Norway to see if we can do some advertising. Joann reported that due to the pandemic we have not been able to visit shut ins.

The March meeting will be about identity theft by Lucy Hochstein. The April meeting will be about dementia. Lucy would like to know if there is anyone that would like to do a program.

Joann gave a program on the Sauna and the Polar Plunge that people like to do. Cheri, Kathy and Joann prepared a delicious lunch of pea soup, Swedish rye bread and cake.

Kathy Clark, secretary

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**MEMBERSHIP SECRETARY MESSAGE.**

We eagerly await approval from the Minneapolis office of the grant for which we applied at the first of the year; the approval should come this month, and the funds come in April .. (these grants usually are approved) .. then we will proceed with some paid advertising, which Lucy and Walter are researching; hopefully, to recruit some new members .. now that the Covid situation is somewhat relieved, let's feel free to invite any prospective members to our upcoming meetings .. "each one, invite one.

Joann Barfield, Membership Secretary

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**CULTURAL DIRECTOR MESSAGE**

Lucy will be talking about Identity Theft at the March meeting. Be thinking of questions you have about identity theft and bring them to ask.

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

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**DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE.**



Dear friends at Bla Fjell Lodge, a "big shout out" to all of you who contributed to the Nordic Day fun day at Cornerstone Classical Academy. They ate it all and had so much fun playing Bingo and getting prizes. I told them all about our organization and how we have adopted their school. The littlest children had not played picture Bingo before and they loved learning! Perhaps I should bring it to one of our meetings and we could win some prizes!



A big "shout out" to Becky, Ed Wold's daughter, for bringing 8 boxes of books to Cornerstone for their library. She has started the book collection for Cornerstone Classical Academy which goes from now till May when school closes for the summer. If you have any books you do not want, please bring them in a bag to our next meeting. If they are not appropriate for the library, then I will keep them for our yard sale in June. If you have books, but will not be at our meeting, then call me/text me and I will come and get them.....540-556-3611 Thank you for your donations!

Cheri Johnson, Director of Children's Activities

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**MEMBER MEMORIES - from Joann Barfield**

Did you know that none other than Henry Wadsworth Longfellow had written of our Norsk heritage? In my Creative Writing Group at Richfield, today's assignment (find a favorite poem and tell why you like it) immediately brought to mind our recent Mardi Gras celebration, memories of Louisiana Cajuns, and one piece of poetry that had long fascinated me .. and I got out my book of Longfellow works to read "Evangeline" .. in the process, I was surprised to come across his "Saga of King Olaf", with the following lovely introduction, "Interlude" .. We hope you enjoy it as much as Sharon and I did!

**By Longfellow: INTERLUDE.**

And then the blue-eyed Norseman told A Saga of the days of old.  
 "There is," said he, "a wondrous book Of Legends in the old Norse tongue,  
 Of the dead kings of Norroway ,Legends that once were told or sung  
 In many a smoky fireside nook Of Iceland, in the ancient day,  
 By wandering Saga-man or Scald;  
 Heimskringla' is the volume called ; And he who looks may find therein  
 The story that I now begin."

And in each pause the story made Upon his violin he played,  
 As an appropriate interlude, Fragments of old Norwegian tunes  
 That bound in one the separate runes, And held the mind in perfect mood,  
 Entwining and encircling all The strange and antiquated rhymes  
 With melodies of olden times ; As over some half-ruined wall,  
 Disjointed and about to fall, Fresh woodbines climb and interlace,  
 And keep the loosened stones in place.

Thence follows The Musician's Tale,  
The Saga of King Olaf

**Yet another Longfellow Discovery:**

A piece entitled "Martin Luther", based upon the great Lutheran "national anthem", A MIGHTY FORTRESS .. So very appropriate for these troubled times ..

(Source: from Cambridge Editions, LONGFELLOW, The Poetical Works of Longfellow With a New Introduction by George Monteiro .Houghton Mifflin Company c. 1975)

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**RECIPE - from Kathy Clark**

**Finnish Oven Pancake**

An anytime favorite. My Swedish grandmother would bake this for her children and just put the black frying pan on the table to serve. It can be served with fresh fruit, whipped cream or syrup.

## Ingredients

4 tablespoons butter

1 cup flour

1 cup sugar

3/4 teaspoon salt

4 eggs

2 1/2 cups milk

1 tablespoon vanilla extract

Preheat oven to 400 degrees F. Place butter in a 13x9 inch baking dish. Put the dish in the oven. Remove when bubbly. Whisk the eggs until smooth. Add the remaining ingredients and mix. Slowly add this to the hot dish. Bake 30 minutes until light golden brown around the edges.

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**LINKS OF NORDIC INTEREST FROM BLA FJELL MEMBERS & FRIENDS**

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

**From Elaine Fischer, email subject lienenauk syg in**

<https://elakiri.com/threads/did-a-viking-woman-named-gudrid-really-travel-to-north-america-in-1000-a-d.1978990/>[https://getpocket.com/explore/item/did-a-viking-woman-named-gudrid-really-travel-to-north-america-in-1000-a-d?utm\\_source=pocket-newtab](https://getpocket.com/explore/item/did-a-viking-woman-named-gudrid-really-travel-to-north-america-in-1000-a-d?utm_source=pocket-newtab)

**From Kathy Clark: Norway News free subscription.** Both Kathy and Sharon signed up for this free and weekly news receiving an e-mail each Tuesday from david@wordsofnorway.com. Sharon just had to provide and then confirm my email address.

**From Robin Lambert: Why Norway is One of The BEST Desinations in the World**

Robin shared this video link on Blå Fjell's Facebook page. To open, press Ctl plus click mouse.

<https://www.youtube.com/watch?v=2uzlfzrMuOE>

**From Robin Lambert: The Blood-Soaked Saga Of Harald Hardrada, The King Of Norway Whose Death Ended The Viking Age** (King Harald III Sigurdsson of Norway, better known as Harald

Hardrada).

Robin shared this video link on Blå Fjell's Facebook page. To open right click on the link.

<https://allthatsinteresting.com/harald-hardrada...>



**From Visit Oslo Facebook posting.**

Right outside the Nobel Peace Centre, you will find an unusual bench called “The Best Weapon”. It invites its users to sit together and have a conversation and is inspired by Nelson Mandela’s quote: “The best weapon is to sit down and talk”.




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**LINKS**

**TO SON International. THIRD DISTRICT. 3D ZONE7 LODGE's and INTERNATIONAL NEWS:**

**\*\*\*\*For Sons of Norway International news:** [sonsofnorway@sofn.com](mailto:sonsofnorway@sofn.com) (sofn.com)

**\*\*\*\*Third District President message:** [www.3dsofn.org](http://www.3dsofn.org)

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

Third District Lite news: expect this from e-mail message

Third District Events Calendar:[www.3dsofn.org/newsletter/index.html](http://www.3dsofn.org/newsletter/index.html)

District 3 events: [www.3dsofn.org/calendar](http://www.3dsofn.org/calendar)

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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/](http://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 must retrieve the information online. Free packets are no longer provided. 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!!***

