



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

MAY 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.

For security reasons, we lock entrance front doors to our meeting site by 1:15 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.

**UPCOMING: MAY 15 LOCAL COLORS EVENT
IN LIEU OF MAY MONTHLY MEETING**

At River's Edge Sports Complex, 302 Wiley Drive SW, Roanoke, VA.,

Bring your Baked Goods/Nordic Items to sell by 10:30 am to Sons of Norway Booth

For the next meeting, bring your saved stamps for Tubfrim and your canned goods for Salem Food Pantry.

MARK YOUR CALENDARS

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

May 15, 2021: Local Colors Festival, 11:30am-5:00pm. Event Chairs: Sharon Rohrback and Cheri Johnson.

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..

July 24, 2021: Annual Picnic. 3-5pm (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.

MEMBER NEWS

MAY BIRTHDAYS:

Kathy Clark 5/3

Gracelynn Clark 5/4

Annita Nelson 5/13

PRAYERS:

--for Gail Atha: that a cause and a successful treatment can be found for very painful back.

--for Marlin Thompson: prayers of comfort and safe travel. Marlin's long-suffering brother is near death. Marlin, his brother and his sister are coordinating a date yet to be determined to meet in North Dakota. Marlin's son-in-law will fly with him. Brother Thor lives on the "homeplace", where Marlin grew up, at Brockett, North Dakota, near Devils Lake, about 50 miles from my hometown. Joann Barfield

PRESIDENT MESSAGE

1. LOCAL COLORS MAY 15: There is still time to donate baked goods and/or Nordic items for sale. Bring them to the Sons of Norway site by 10:30 am. At River's Edge Sports Complex, 302 Wiley Drive SW, Roanoke, VA.

2. PREPARE FOR JUNE 19 ANNUAL YARD SALE.

We need items from our members to have a successful yard sale! Please start now to collect items. Items needed: Jewelry, linens, kitchen items, tools, sporting, fishing, furniture, clothing, misc.

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.

Sharon Rohrback and Cheri Johnson, co-Presidents

MINUTES OF MARCH 2021 MEETING.

We had 9 members and 2 visitors attending. Thank you to Walter and Carolyn Sandberg who served refreshments.

Sharon opened the meeting with the singing of the 3 National Anthems. We discussed the baked items that will be brought to Local Colors on May 15th at Rivers Edge in Roanoke. A card for Joe Lindsoe was passed around for members to sign as he will be moving to Oregon to live near his daughter. The Lodge Board members have been invited to go to his home in Lynchburg to look at his Norwegian items he plans to donate to the Lodge.

Our July picnic will be at Joann's house in Richfield Retirement Community. The March minutes that were in the newsletter were approved. Cheri gave the Treasurer's report. The worthy cause bag was passed around to collect money to be given SON Third District's Charitable Trust Fund. This is a fund to help members with situations in their lives. Our Lodge has been approved for a Grant to help with the Local Colors Event. Joann announced that a 24% increase in membership was achieved with all the lodges in 2020. We now have a trifold brochure that we can pass out to potential members. We are encouraged to pass them out when we talk to people about our organization.

New Business

The ongoing work on the approval of new Bla Fjell By-Laws that Sharon has worked on will be modified for changes required by the SON Board to be in Legal Documents Department format. The movie Atlantic Crossing that is on PBS Sunday night at 9 PM was discussed. Sharon gave members a timeline history of Norwegians Kings. Joann gave a report on the book "Lives of Norse Kings" written by Snorre Sturluson, an Icelandic author in the 12th century. Sharon shared her history notebooks on WWII in Norway.

Our next event on June 19th will be a yard sale at Cheri's home. This is a fund raiser, and we are encouraged to price and bring our items to Cheri.

Corresponding Secretary, Kathy Clark for Marilyn Barrier

MEMBERSHIP SECRETARY MESSAGE -- (crosses pages)

For all Blå Fjell members:

1. It has occurred to us that it might be a good idea to have your alternative contact information in the event that we should be unable to reach you by normal means; this information **would remain strictly private, with us only, and would not be published with Sons of Norway or elsewhere.** If you should be interested in providing alternative contact information, please reply to us by e-mail or by phone. (Member name, contact name and relationship, contact number.) Thank you.

Sharon Rohrback, President, slrohrback@aol.com.

Joann Barfield, Membership Secretary, mjghbarfield@gmail.com

2. Continuing with Good News on the Membership front, the May Leadership Resource had this to say: **Blafjell Lodge's goal for 2021 is 4 new members .. our first opportunity to present ourselves to the public will be Local Colors, when we hope to meet a large number of folks, sell them our ever-popular Nordic baked goods, and let them know what we're all about!**

2021 New Member Challenge



As we wait for in-person meeting restrictions to ease, I hope you take heart from knowing that even in 2020, new members still flocked to join Sons of Norway. **You helped Sons of Norway exceed the new member goal by an impressive 24%—reaching a total of 7,815 new members.**

"Here's the information you need to know about our 2021 New Member Campaign:

"Our Sons of Norway International Board of Directors has set a goal of **8,200 new social and financial benefit members.** That is a 5% increase over the actual number of 7,815 new members recruited in 2020.

"While our organization goal is a 5% increase, your lodge is being asked to build on last year's success by recruiting 4% more new members in 2021 than in 2020."

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

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

CHILDREN'S ACTIVITIES REPORT

Expect a report in the June 2021 newsletter. One of my tasks as Local Colors co-chair was to take full responsibility for hands-on activities for children.

Cheri Johnson, Children's Activity Coordinator

NORWAY SYTTENDE MAI CELEBRATION -- every May 17 since 1814

from Sons of Norway International Mini-Presentation Site

There are many days to enjoy and remember in the merry-month-of-May: May Day, Kentucky Derby,



Mother's Day, Armed Forces Day, Memorial Day, even National Burger Day. But, as Spring starts to appear and the days get longer there is a day that **we as Norwegian's and Norwegian American's look forward to and prize and that is syttende mai (17th of May), Nasjonaldagen (The National Day) or Grunnlovsdagen (The Constitution Day).** No matter what name you use, what title you give the day, this is the day to fly the flag and make a lot of noise and shouting "Hurra!".

We look forward to flying our Norwegian Flag, singing "Ja vi elsker dette landet", wearing our bunads, ribbons of the red, white and blue of the Norwegian Flag, enjoying some traditional foods, marching in parades, and generally celebrating the day.

For just a little history of the day, **the Constitution of Norway was signed at Eidsvoll on May 17 in the year 1814.** The constitution declared Norway to be an independent kingdom in an attempt to avoid being ceded to Sweden after **Denmark-Norway's devastating defeat in the Napoleonic Wars.** We can thank the poet Henrik Wergeland

with making May 17th a celebratory day. He is credited with giving the first public address on behalf of the national day, when there was a Royal decree forbidding celebrations.

Now, here we are 205 years after the signing, and 114 years since the union with Sweden was dissolved. So, on May 17 be proud to fly that Norwegian flag and however you celebrate the day know there are

thousands, rather hundreds of thousands, across the world who are flying their Norwegian Flags and enjoying the festivities also. One can add that **the day should be regarded as an expression of thankfulness, on behalf of the old values of freedom, equality and brotherhood, the ideological basis for the constitution, and also on behalf of the circumstances that led up to the constitution.** So Gratulerer med dagen and Hipp Hipp Hurra !!!



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

from Joann Barfield

Upham North Dakota Rev. Wanberg.

For any of you folks who may read the Norwegian-American Biweekly or the Scandinavian Press, have you read any of the articles by Features Editor Larrie Wanberg? I am fascinated by them because he writes of growing up in my area of North Dakota; in fact, his father and mother were a large part of my youth. Rev. Wanberg as minister of the Norwegian Lutheran Church in my hometown, his mother as organist/choir director and director of the Sunday School. the church and the Sunday School that we attended when we had no minister at our Icelandic Lutheran Church.

Rev. Wanberg married my parents and made a practice of keeping in contact with the couples he had married for most of the 45 years that he served that four-church parish; a prolific writer, he lived to be 100 .. I had one of the last letters written by Rev. Wanberg to my mother and sent it to Larrie Wanberg when I found him in the Norwegian-American Weekly .. Larrie Wanberg writes that "Cultural Roots run Deep" in the recent Scandinavian Press, and I identify with so much of it!

Just another of the wonderful benefits that come our way by association with Sons of Norway!

Joann Barfield, originally from Upham, North Dakota

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

Need your input.

(tell us about them: having either visited them or heard of them from another source)

MODERN NORWAY NEWS

(Share an article or link)

FLY THE NORWEGIAN FLAG MONTH.

From Kathy Dollymore, Third District President.

There are dates in this month that we can celebrate. It's time to fly the flags.

on **May 8th** Norwegian Liberation Day (known in Norwegian as **Frigjøringsdagen**) and International Viking Day.

on **May 17th**: Hurrah for **May 17th**. The 17th has many names (syttende mai (17th of May), Nasjonaldagen (The National Day) or Grunnlovsdagen (The Constitution Day) so what better time to fly your Norwegian Flag.

NORDIC HISTORICAL/CULTURAL NEWS

Share an article or link to an article here.

Three articles from Joann Barfield follow:

1. Book Suggestion: "Heimskringla, the story of the Norse kings" by Snorre Sturluson.

Authored by Snorre Sturlason (1179-1241), the Icelandic poet, historian, and chieftain, a man of action who also possessed a high degree of literary skill. The author of the "Prose Edda", a guide to poetics for young poets, he is thought to have written also "Egil's Saga", one of the greatest Icelandic family sagas, and many other literary achievements.

The Heimskringla traces the descent of Norwegian royalty from the god Odin, through many centuries, covering the development of the Norsemen as Vikings, their conversion to Christianity, to the unification of Norway. Totalling 738 pages, this may be more than you want to know! But you may wish to read of specific kings, as I was interested in King Magnus Barefoot, who is a part of my family history. If you should be interested, I would gladly loan it to you.

2. Book Suggestion: "A History of the Vikings" by Gwyn Jones. "a treasure of well researched and written Viking Age information", recommended by Scandinavian Press, current issue (in the article on Harald Fairhair), which book I also have, available to borrow.

3. Viking Cruises link for videos of various topics -- more than travel information.

recommended by Joann Barfield: Here is a link to some Nordic information that may interest you .. Viking has done a grand job of maintaining interest in Nordic travel while being restricted from the actual experience due to the pandemic! <Viking_Cruises@email.vikingrivercruises.com>

[inserted by Sharon: [here is an example of one week's offerings from the site](#)].

The Vikings have long sparked our imagination and this week we explore the Scandinavian lands from which they sailed, and learn more about their history, culture and legacies.

Monday takes us to the British Museum with curator Sue Brunning to see the iconic helmet from the Sutton Hoo ship-burial, labelled "Britain's Tutankhamun," buried around AD 625.

The Vikings were skilled craftspeople and on Tuesday, Dr. Fenella Bazin sheds light on their art and crafts in her talk *The Art of the Vikings—Gods, Dragons & the Natural World*. On

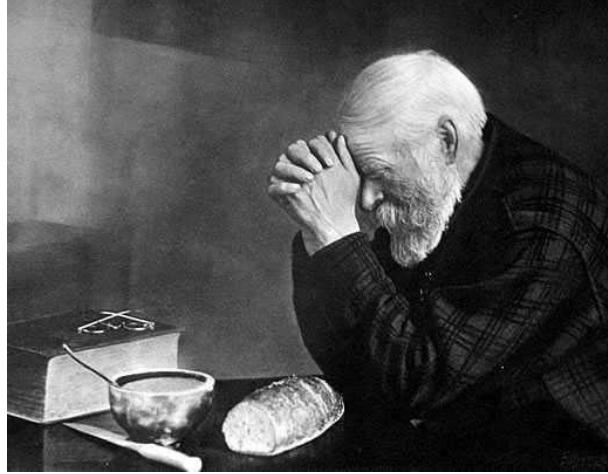
Wanderlust Wednesdays, travel from the comfort of your home on our *Into the Midnight Sun* itinerary. And on Thursday, British journalist Anne Diamond chats with Bernard Cornwell,

OBE, the bestselling author of the Sharpe series of historical novels and *The Last Kingdom*

books, now a BBC TV series. On Friday we are at home on the Viking ships, past and present, with Karine and Geir Magne Roevik. The theme for this week's series is *Love is*

History, we hope to see you there!

MINNESOTA'S OFFICIAL STATE PHOTO
Facebook posting April 15, 2021 by National Nordic Museum



Did you know that states have official state photographs? Picture that!

Minnesota's official state photograph— "Grace"—was taken by Swedish-American photographer Eric Enstrom in 1920. Read more about the photo and photographer here:

<https://www.minnpost.com/.../story-behind-minnesota-s.../>

[from Sharon: my cousin in North Dakota had the same reaction as did.] She said "Mom and Dad gave my sisters and I this print as well as the accompanying elderly woman in prayer. Dad had framed them for us. Mom said the man reminded her of our great grandpa Ysen, a very devout Lutheran, and Grandma Nora Ysen. We received them one year for Christmas. Love, Sandy

RECIPE - from Joann Barfield

The two most favorite Icelandic recipes from my youth: Ponnokokur (Icelandic thin pancakes) and Vinaterta (veena-tair-ta) (Viennese torte)

PONNOKOKUR (Icelandic thin pancakes) (with every cup of coffee, either "forenoon" or afternoon, that you were served when you went visiting)

2 eggs
 1/3 c. sugar
 1/4 tsp. salt
 1/2 tsp. cinnamon
 1/2 tsp. soda *
 1 tsp. baking powder *
 1/2 tsp. vanilla
 1/2 c. sour cream
 2 c. sweet milk
 1 1/2 c. flour

* if using regular flour; omit if using self-rising flour

Combine all ingredients and mix till smooth. Bake on hot griddle, keeping pancake **very thin**. Spread with additional sugar, roll tightly, and serve.

VINATERTA (veena-tair-ta) (Viennese torte) (served for every major occasion .. Christmas, other holidays, especially church gatherings). My mother's recipe.

2 lb. dried prunes, cooked
 1/2 c. prune liquid
 1 c. sugar
 1/2 tsp. cardamon
 1 tsp. vanilla
 1/4 tsp. salt
 1 c. butter
 1 c. sugar
 2 eggs
 1 tsp. vanilla
 4 c. sifted flour
 2 tsp. baking powder *
 1/2 tsp. salt
 1/4 c. milk
 * omit if using self-rising flour

Cook prunes with water, slowly, until tender. Drain, saving liquid. Cool, remove pits, and put prunes through food grinder (or mash well). Add prune liquid, sugar, and cardamon, and cook till thick. Cool, add vanilla .. set aside.

Cream butter and sugar. Beat eggs slightly, then stir eggs and vanilla into creamed sugar. Sift flour, baking powder, and salt together. Add alternately with milk. Cool dough in refrigerator, so it will handle more easily.

Divide dough into 7 equal portions. Roll out each portion very thin on lightly floured bread board to fit 8" cake pan. Turn cake pan upside down, place dough on ungreased top of pan, and trim edges. Bake 15 mins. at 350 degrees, until edges turn slightly brown. Remove from oven and slide off bottom of pan with the help of a spatula and cool slightly. Spread a generous amount of prune filling between layers and pat with hand to make the many thin layers of cake blend with the fruity filling. Wrap cake tightly in a dry cloth, so the moisture from the filling mellows the cake. Let stand at least overnight before cutting. Enjoy!

SONS OF NORWAY Officer Article Section

Information from Sons of Norway Int'l (SON), SON Third District (3D), and 3D Zone7 officers.

1. **NOTE From Third District Zone7 Director, Dirk Hansen**, who prepares TDT articles.
 . "I encourage all of your members to open and read the TDT Lite which is emailed to all 3D members, and also to visit the 3rd District website to read all the TDT news on www.3dsofn.org.

2. THIRD DISTRICT PRESIDENT (Kathy Dollymore) MAY MESSAGE



May is a pretty month here in the Northeast. It is also a busy month. There are dates in this month that we can celebrate. It's time to fly the flags. **May 8th** Norwegian Liberation Day (known in Norwegian as **Frigjøringsdagen**) and International Viking Day, honor Mom on **May 9th** Mother's Day, Hurrah for **May 17th**. The 17th has many names (syttende mai (17th of May), Nasjonaldagen (The National Day) or Grunnlovsdagen (The Constitution Day) so what better time to fly your Norwegian Flag. Memorial Day, **May 31st**, is a US federal holiday remembering the people who died while serving in the armed forces and marks the start of the unofficial summer vacation season.

I'm pleased and proud to say the Norwegian Flag will fly over Philadelphia City Hall on May 17th and I will be attending the ceremony. If your lodge is meeting whether by Zoom or in person this is a great month to provide a history of our organization (126 yrs) and the reason behind organizing. Recounting the history of our organization is a perfect way to celebrate and reaffirm the enduring power of Sons of Norway. Our values of trust respect, and care are as essential today as ever before.

Here in my part of Pennsylvania it is azalea time, dogwoods budding time, cherry blossoms time, daffy-dills, hydrangeas, the smell of new cut grass, oh I could go on. But the fact that we can get outside and *BREATHE*. *Oh Yea!* My son has all sorts of allergies so I do feel for him and anyone dealing with pollen etc., but I am so happy to be outside now and hope you will be able to get out and about too. I went out to a lodge meeting and we had a wonderful time. Now we are talking about being outside for meetings and programs. I hope you are all able to get your covid shots as things are starting to open up and get back to normal. As the temperatures warm and you spend more time outdoors in your yard or walking the neighborhood, you may be more acutely aware of the birdsongs in the air as spring gets into full swing. As you take your walks use this opportunity to add to your sports medal. The Sons of Norway Sports Medal Program is a fun and engaging way to stay active while enjoying the Norwegian tradition of *friluftsliv* (outdoor life and recreation)! It's uniquely designed to reward healthy habits at every age, activity level and exercise preference. Talk to your lodge Sports Director for information on different awards. Have a great summer and we'll connect in september.

Ha en fin sommer, nyt naturen vi kobler till i September.

Fraternally, Kathy

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

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](https://www.facebook.com/hrsons)

Norsk Carolina Lodge 3-679 meets in Charlotte, NC: Website

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 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!!

