



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

May 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; cell ph: 540-521-1384

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 (except when special events.)

Fourth Saturday of each month, 1:00-3:00 PM

at College Lutheran Church, 210 South College Avenue, Salem, VA

NEXT MEMBER MEETING: JUNE 25, 2022, 1-3 pm

No meeting in May; volunteer to help at the Local Colors festival instead.

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.

CLC means College Lutheran Church.

5/21/22	<u>9am-5pm</u> : Local Colors event in lieu of mtg:	Event chair: Cheri
6/4/22:	<u>8am-3pm</u> : Yard Sale fundraiser at home of Cheri.	(setup is Friday 6/3)
6/25/22	1-3 at CLC Pgm: Identity Theft by Lucy Hochstein	Snack&Bev'age: Helene
7/23/22	Time tbd: Lodge Picnic at Rohrback home.	Food: all
August	month off	
9/24/22	1-3 at CLC Nordic auction/bake sale/yard sale	Snack Karen& Bev'age Sharon:
10/22/22	1-3 Anniv (26th) mtg at restaurant : Time/Place tbd	Each pays own meal.
11/19/22	1-3pm at CLC. Pgm tbd	Snack Cheri: Bev'age ???
12/10/22	1-3pm at CLC. JULEFEST (full meal)	Food: all; St. Lucia procession

MEMBER NEWS

May Birthdays

Kathy Clark 5/3

Gracelynn Clark 5/4

Annita Nelson 5/13

Prayers

--Prayers of blessings for Robin and Steve Lambert as they prepare to move June 1 to Maryville, TN. It is a town of about 25K people, not far from Knoxville.

WORDS OF WISDOM

Your life does not have a remote; you have to change it yourself.
(from Fort Lewis Christian Church, West Main Street, Salem)

FOR DISTRICT 3 NEWS: 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

BLA FJELL LODGE PRESIDENT MESSAGE

1. Heads Up for Upcoming events:

May 21 Local Colors booth: sell baked goods & Nordic artifacts; children's table; share heritage.

June 4 (Sat) yard sale fundraiser. (Fri June 3: price/sort items)

******YARD SALE DATE CHANGE.** One-day yard sale June 4, 8am-3pm.

Victoria will sell waters and drinks under the tent we will provide for her!

2. Consider taking a leadership position for 2-yr term 2023-2024. Sharon Rohrback and Karen Rice are the nominating committee and will be contacting you starting in June. We present candidate names in October, have the election in November, installation in December or January as weather permits.

submitted by Cheri Johnson and Sharon Rohrback, co-Presidents

LOCAL COLORS LIST OF VOLUNTEERS to date (TWO LISTS)

by Work Schedule and Food Donation

Thank you all, from Cheri Johnson, Event Chair

Local Colors Work Schedule 😊

8:30 - 11	Set up	Cheri and Don Steven Brusati Larry and Marie Sharon
11 - 1:30	Parade	Larry and Marie....Danish Flag Cheri, Steven Brusati Sharon Joann Helene Inga

continued next page

1:30 - 4	Table	Joann Sharon Inga Cheri JoAnn
5pm	Take down	Cheri and Don Steven Brusati Sharon

***** Bring your food marked with its name and price**

Bring a chair to sit on

Bring your money to buy water or Local Colors food

Food being donated to sell for Local Colors! 😊

Cheri	Icelandic cookies, 5 Almond Cakes
Sharon	Cardamon cookies
Kathy	Swedish Rusks, melt aways, Cinnamon sticks, Swedish Rye Bread
Joann	4 Almond cakes
Marilyn	Lemon loaf cakes
Becky	Almond cookies
Annita	Oatmeal MaCaroons
Inga	Swedish Cardamon Buns
JoAnn S-F	Lefse and a Sami recipe
Helene	cookies/bundt cake
Larry and Marie	Swedish cookies
Sharon	Cardamom Criss-Cross Cookies

YARD SALE REMINDER FROM CHERI JOHNSON, EVENT CHAIR.



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 Saturday in June. 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. contributions. Thank you!

MINUTES of April 2022 MEETING

Social time started at 1:00

The lodge meeting was called to order by our President Sharon Rohrback at 1:30.

All three anthems were sung. Twelve members and one guest were in attendance.

--Announcements were made: our May meeting will be replaced by working Local Colors on Saturday May 21. All food should be brought to the booth by 10:00.

--Cheri Johnson stated our annual yard sale will take place on June 3rd and if we have enough items left over it will be held the next day also. Pricing will take place June 2nd.

--March meeting minutes were approved.

--Membership Secretary , Joann Barfield stated Walter Sandberg and Lucy Hochstein are still investigating the best place to advertise SON Lodge. and what the cost would be. There will be an opportunity for people to sign up for information regarding our lodge at our booth at Local Colors. Joann also stated follow up letters would go out to those folks along with an application. Membership brochures will be available at Local Colors also.

--Cheri Johnson stated the cost for booth and tables was \$115.00

--Treasurer report was given by Cheri Johnson.

--Cheri also reported that the Children's Activities program is winding down.

Our Program was presented on Dementia by Karen Ellekson, of Richfield Living . She explained the symptoms and different stages of Dementia. It was a very knowledgeable presentation and was preceded by a question-and-answer segment at the end.

--Meeting was adjourned at 3:15

Respectfully submitted by Marilyn Barrier.

MEMBERSHIP SECRETARY MESSAGE.

GOOD NEWS FROM CEO.

In the current (May) issue of the *Viking* magazine, did you read the amazing Good News from Chief Executive Officer Christopher Pinkerton? In the past year (second year of the Covid pandemic), Sons of Norway welcomed **17,367 new members, 211% above their goal**, which makes our organization **one of the fastest growing fraternalists!** Remarkable!! Among our goals for **2022 = 12,000 new members!**

LOCAL COLORS is our BEST OPPORTUNITY for PUBLICITY throughout the year! We know that many people return to our booth year after year for our renowned baked goods, so this is a good time to talk with them about SONS OF NORWAY .. if they show any interest, be sure to give them a brochure and ask them to sign up for information, with name, address (either snail mail or e-mail), and phone number .. I will follow up with personal letters of invitation and .put them on the newsletter mailing list.. This is an opportunity, too, to meet some interesting people and, hopefully, to recruit some new members, so each one of us may participate in MEMBERSHIP RECRUITMENT! MANGE TUSEN TAKK!

SMALL LODGE: MOLLARGUTTEN LODGE 4-478.

Sons of Norway is not always about the big lodges in the large communities .. note the Member Matters section, page 32, in the May issue of the *Viking* magazine and the interesting coverage on Mollargutten 4-478 in the tiny town of Maddock, North Dakota .. population 450 .. GREAT accomplishments for a very small lodge!!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

at the JUNE meeting, the program is Identity Theft presented by Lucy Hochstein and JoAnn Stephens-Forrest, co-directors

DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE.

At Local colors we will have a children's table to attract families to our table. There will be several items to color and the children can write their name in Runic on small pieces of wood. We have a handout on the 5 countries to give them also. I have invited the children in my class and last year 3 children came and had fun. We hope more will come this year. Let's pray for sunny cool weather.

Cheri Johnson, Director of Children's Activities

NORWAY AND USA MAY DATES TO REMEMBER

(Excerpt from District 3 President's May message. Her full message is on 3dsofn.org)

1. Norway: there are dates in this month that we can celebrate. Time to fly the Norwegian Flag.

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

--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. As Norway's most celebrated holiday, Syttende Mai honors the anniversary of the signing of the country's constitution in 1814. Over time, the day and what it represents to the people of Norway has evolved greatly. Historically, May 17 was a day of politics marked by speeches and rallies; today it is filled with national pride, festivities and tradition. Each year, thousands of people in Norway—and around the world—take part in waving Norwegian flags, marching in city parades and professing their love of Norway. Many of today's festivities are centered on music, food, children and graduating high school students. (For more facts about Syttende Mai and details on how the day is celebrated, the Sons of Norway blog at www.sofn.com/blog/syttende-mai-10-fun-facts)

2. United States: May 8- Mother's Day, and May 31st, Memorial Day, a US federal holiday.

SHORT NORDIC ARTICLES/LINKS

1,700-year-old sandal found in remote Norway mountain.

Shared by member Lars Hagan 4/27/22.

(note from Joann: Thank you, Lars. Isn't it amazing that so many of these ancient "finds" occur in Norway??)

Right click on the link and select Open Hyperlink.

<https://www.livescience.com/iron-age-sandal-mountain-norway>

Article excerpt: By [Emily Staniforth](#) published 6 days ago

The sandal reveals that humans historically used the icy pass.



The discovery of an Iron Age sandal on an icy Norwegian mountain provides more evidence that the mountain served as a travel route about 1,700 years ago. A mountain hiker found the sandal in an area known as the Horse Ice Patch in late August 2019. The hiker contacted researchers at Secrets of the Ice, who study archaeology preserved within glaciers and ice patches."He sent us GPS coordinates and photos, and left the discovery in the ice.

As the archaeologists prepared to retrieve the shoe, they realized that the forecast predicted snow, which could blanket the find. "Then it could take many years before it melted out again," Finstad said.

"We archaeologists had a day to go in and collect the find," which they did on Sept. 2, 2019, but "it was a long day." Once the archaeologists recovered the sandal, they radiocarbon-dated the footwear to about A.D. 300. The Secrets of the Ice team has also found other artifacts, such as textiles, in this area, but none are as old as the sandal.

"Visit Oslo" - huge labyrinth

Shared on Sons of Norway District 7 Facebook posting.

I am one of those people who didn't know this and walked over it many times!! Next visit, I will pay attention! Did you know that there's a huge labyrinth in the Vigeland Sculpture Park? Most people walk right past it! The pattern on the ground around the fountain forms a 3 kilometre long path that can take up to an hour to walk through. If you can find the way.



RADAR discovers Viking Ship 30ft Underground in Norway.

Shared by lodge friend Elaine Becker Fischer. From msn.com Daily Mail

From Sharon: Very interesting pictures of the RADAR images I was unable to copy into this.

Right click on the link and Open Hyperlink.

[Viking ship discovered 30ft underground in Norway using RADAR](#)

Excerpt note: A long-lost Viking burial ship discovered 30ft underground may be the grave of a high-status individual, archaeologists believe. The discovery was made as part of archeological work on a site that could form part of the route for the proposed E39 highway, near Øyesletta, western Norway. The team used ground-penetrating radar to make the discovery, with the work led by the Norwegian Institute for Cultural Heritage Research (NIKU) based in Oslo.

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RECIPE - SWEDISH RUSKS from Kathy Clark

Swedish Rusks have been sold at our Local Colors Sons of Norway Booth since 2009

1 cup shortening

1 3/4 cups sugar

2 eggs

2 tsp almond flavoring

1 cup sour cream - not low fat

5 cups flour

1 tsp soda

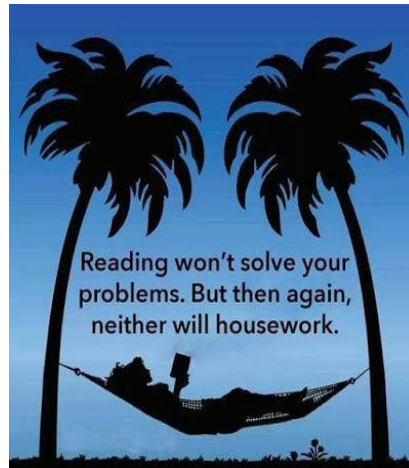
1 tsp salt

1 cup chopped almonds

Cream shortening, sugar and eggs. Add almond flavor. Add sour cream. sift flour, soda, and salt and add to mixture. Add almonds. Roll into 6 long rolls. Place on 2 cookie sheets. Bake 350 degrees for 30 minutes. Remove from oven and slice into 3/4 inch while still warm. Toast in 325 degree oven for 15 minutes. Makes 7 to 9 dozen.

HUMOR

Posting shared by Sharon's cousin in Colorado, a retired school librarian and true book lover



LINKS

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

******For Sons of Norway International** news: sonsofnorway@sofn.com (sofn.com)

******Third District President message:** www.3dsofn.org

Third District Today news: 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

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

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 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 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!!

