



SONS OF NORWAY

FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅ FJELL LODGE 3-646
November 2022

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; cell ph: 540-521-1384

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

November 19, 2022—one week earlier because of Thanksgiving weekend.

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.

11/19/22 1-3pm at CLC. **Election of Officers for 2023-2024.** Program: Special Christmas Traditions, Dinners, Cookies, and Desserts of Nordic Countries.
 Presented by Cheri, Lucy and Jo.

12/10/22 note this earlier date:

1-3pm at CLC. Julefest full meal of Nordic food, St. Lucia Celebration, Finnish Santa, Singing, and Dancing around the Christmas Tree. Food: brought by all to share.

Note: Cheri stated St. Andrews Catholic Church is not having St Lucia concert this year.

MEMBER NEWS

November Birthdays

Heather Walker 11/6 Joann Barfield 11/22 Adrian Epperly 11/24

Prayers

--of healing for Darlene Jondahl, who had heart surgery October 13. Aortic valve was being replaced due to "calcifying of the current valve". Darlene is recovering nicely but cannot drive or resume exercising for two weeks. This surgery caused a delay in her hoped-for shoulder replacement scheduled earlier.

--of joyful celebration for College Lutheran Church on the 100th Anniversary of the current building built in 1922. Our lodge has used CLC for many years of meetings and special functions and continues to do so.

--of comfort for Marlin Thompson and family upon the death of their beloved dog, 15-year-old Miniature Schnauzer, and long-time family member. Her name was Snickers. She had a sweet personality and unconditional love; she will be sorely missed by her family. Many who have had a pet for several years can understand the sorrow.

WORDS OF WISDOM

"Be content with your lot; one cannot be first in everything."

AESOP

ABOUT NOVEMBER MEETING from Cheri Johnson

Dear friends of SON,

I hope you are looking forward to a fun time at our next meeting on Saturday, November 19, from 1-3 pm at College Lutheran in Salem. We are so hoping we will have some new friends who might want to share their Nordic Heritage with us. We plan to have a gathering with coffee, Sprite, crackers, cheese, and Pumpkin Pie!

After our meeting and voting, Cheri will share the Christmas customs of all Nordic countries and Jo will share the Christmas customs of the Sami Culture. Then Lucy will help us take a look at the Santa of each Nordic country and decide if it is different than our American Santa. Annmarie is going to share some music and dances she has found related to these 5 countries.

Lastly, the yummy part begins! If we find 7 cooks, we will have 7 kinds of cookies to sample as our extra treat. We will provide recipes and pictures for all! Please try to come! 😊 This is a great time of the year to be thankful for each other, new friends, and good food! See you soon!

Cheri Johnson Co President

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 Blå Fjell lodge newsletter (we are trying to shorten length of our newsletters, so in most cases we will provide the links instead of printing the full articles. Sharon Rohrback, Editor)

LODGE PRESIDENT MESSAGE

Blå Fjell Lodge Welcome to new members John Huth, who was transferred from “999-no specific lodge category”.

Anniversary Luncheon thank you to Joann and Kathy, event chairs, for setting this up. It took a lot of planning.

District Three New Vision Service Day project: As of November 4, 2022, seven of the eleven members who signed up to do a service had completed their tasks. The Third District Today (TDT) newsletter will go out about Thanksgiving. Because we are doing individual projects rather than a lodge project on one day, completion dates may vary, so we have permission to report each member’s task when it is done rather than combine them in one message. Email Sharon Rohrback or Joann Barfield when you completed your project(s) and we will inform D3 Fraternal/Foundation Director, Dirk Hansen.

Blå Fjell provided Norwegian display items for a Roanoke Catholic School student to display at the school’s November 9 second cultural fair. The family recently moved here from New Orleans and wants to get involved with the school. The son’s grandmother, of Norwegian heritage, remembered our booth at Local Colors from several years ago and suggested we may be a source of information. We are glad to help.

From co-Presidents Cheri Johnson and Sharon Rohrback

*****CANDIDATES TO BE VOTED ON AT NOVEMBER MEETING FOR TERM 2023-2024****

Nominating Committee is Sharon Rohrback (email slrohrback@aol.com, cell phone 540-521-1384) and Karen Rice (email kar13ster@gmail.com, phone 540-597-9807)

There are several vacancies. Let us know if you would be a candidate for those positions.

The candidates to date are: (continued on next page).

President: Cheri Johnson

Vice-President: vacant; need a volunteer candidate

Treasurer: Cheri Johnson

Co-Treasurer: JoAnne Stephens-Forrest

Corresponding Secretary: Kathy Clark

Recording Secretary: Marilyn Barrier in 2023; **need candidate for 2024**

Membership Secretary: Joann Barfield

Fraternal Gives Database Administrator: vacant; need candidate

Counselor: Sharon Rohrback until April 1.

Co-Editor #1: Joann Barfield

Co-Editor #2: Karen Rice

Foundation Director: Annita Nelson

Co-Cultural Director #1: Jo-Anne Stephens-Forrest in 2023; **need candidate for 2024**

Co-Cultural Director #2: Lucy Hochstein in 2023; **need candidate for 2024.**

Music Director: Annmarie Drake

Children’s Activities Director: Cheri Johnson (a special Bla Fjell position; not an SON position)

Webmaster: Vernon Ferguson

Facebook Administrator posting entries: Robin Lambert as long as she is able in 2023.

Need backup for 2023; need candidate for 2024

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MEET NEW MEMBER, JOHN K. HUTH

(Joined SON May 2020, transferred into Blå Fjell lodge Oct 2022)

I learned about "Sons of Norway" a few years ago when I was looking up Scandinavian cultural events. I decided it would be a good way to learn some more so I joined, but I didn't know any of the lodges.

I'm happy to share a bit about myself. I am 54 and live on the Franklin county (Boones Mill) Roanoke county border with my wife of 32 years. She is a professor and the director of clinical education at Radford University's doctorate of physical therapy program.

My Norwegian background comes from my father's side of the family. An interesting side note is a Huth fort at Kjerringholmen islet on the Østfold archipelago exists. I spent my formative years in upstate New York, where I cross-country skied, biked, hiked, canoed, and spent much time enjoying nature and eventually meeting my wife.

My father was of German and Norwegian descent, and my mother and her immediate family immigrated post WW2 from Poland to Belgium and then upstate New York.

I have baccalaureate degrees in economics, physics, applied mathematics, and biology. I have graduate degrees in medical sciences focusing on molecular and cellular biology, disease ecology, geospatial science, and data science. I am currently in the dissertation phase of a Ph.D. in epidemiology. I have published and presented scientific findings in various peer-reviewed publications and at conferences and association meetings like the American Heart Association, American Diabetes Association, European Psychiatric Association, and the European Public Health Association.

I also spent some time in Europe and Ecuador. John

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MINUTES OF OCTOBER Lodge 26TH ANNIVERSARY LUNCHEON

Our 26th year Anniversary Luncheon was held on November 22 at the Quill Restaurant at Richfield Living in Salem, Virginia.

At 1:20 Kathy Clark passed out questions for all to review about Norway. Everyone participated in answering the questions. We all gained more knowledge about Norway.

Anthems were sung by all present. President Sharon Rohrback welcomed members and guests. There were 19 Lodge Members plus 4 guests. Sharon presented the list of officer candidates for 2023 and 2024. Voting will take place at our next meeting on November 19. She stated she can take votes until November 16 via email or phone call.

Contributions were donated to our Worthy Cause purse that will provide help to a worthy family this year.

JoAnn Stephens-Forrest ("Jo") gave a wonderful presentation on Sami Culture in the Duluth Minnesota area. She visited a Sami museum there. She had many beautiful photos and information regarding their heritage and life. It certainly was very informative.

Everyone enjoyed a delicious lunch and lots of laughter .
The afternoon ended at 3:30.

Respectively submitted by
Marilyn Barrier, Secretary

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MEMBERSHIP SECRETARY MESSAGE.

It was wonderful to see so many of you at our Anniversary Luncheon, especially some old members and some new members!

We hope to be seeing some prospective members at our upcoming November 19 meeting, in response to our ads going out in the Salem Times Register and Senior News the first week of November. This will be a good time to invite some family and friends, as we preview the Christmas traditions of our five Nordic countries, featuring the Seven Christmas Cookies! It will be an interesting and entertaining .. and delicious .. meeting!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

The cultural program will be presented by Lucy, Jo and Cheri about special Christmas traditions, dinners, cookies, and desserts of Nordic Countries.

Lucy Hochstein and JoAnn Stephens-Forrest, co-directors

DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE

Becky and Cheri are working on Children's Activity Bags in high hopes that visitors may be children in future meetings.

Cheri Johnson, Director of Children's Activities

ARTICLES/LINKS OF CULTURAL INTEREST

- **Many people do not realize that young Leif was a Christian**

(from Cheri Johnson).

✚ He was baptized in 999 by King Olav Trygerson of Norway! He was sent by the King to Christianize Greenland. His mother was the first convert! His father, Erik the Red, built her a church so she would have a place to pray 🙏. Of course Leif went on to discover Newfoundland (500 years before Columbus) and set up a base camp for future trips. He was young, adventurer, brave and a Christian, thus the cross on most of his statues! ✚ Don and I went to Newfoundland, saw the base camp, studied Leif, and stood below the giant statue of him with the cross! God is good and works in mysterious ways. 🌍

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- **The oldest Norwegian organization in America: Ritter av Hvite Kors (RHK) organization formed 1860, incorporated as SON Nora Lodge in 1938).**

(excerpts of emails shared by Thor Jondahl SON member of a lodge in Chicago, and a friend of Bla Fjell lodge since moving to Virginia just over a year ago. Thor is doing research on this topic. In these emails he is emphasizing the need to do more research/publicity about this oldest organization and has contacted others to help as shown below).

Email to Sharon: I thought I would send you this e-mail regarding my remarks about the oldest Norwegian organization in America, RHK/Nora lodge. [He has also contacted two members of Norwegian Lag of which he is a member].

My parents were members of RHK/Nora lodge and although the RHK group in Norway consists of men only in the early 1990's they honored my mother in Norway for all her dedicated work within the American RHK/Nora lodge. Most of the records and other information about the American RHK was shared with Professor Odd Lovoll and are stored in the NAHA (Norwegian American Historical Association) archives on the campus of St Olaf College; Northfield, MN.

The RHK Lodge hosted the captain and his crew of the Viking Ship that sailed from Norway to be part of the 1893 Columbian Exposition in Chicago, IL.

===continued next page===

Email to Dana Kelly at Norwegian-American Genealogical Center (nagcnl.org)

Dear Dana:

Here is the information we briefly discussed this morning. Perhaps an individual at your genealogical center would be interested to do further research on this former Norwegian organization that still exists in Norway.

Emails to members of Norway R-DD Lag. Ardis a writer of articles and Sherrie is the Historian, Editor of the R-DD newsletter (Brev). **What is a Lag?** There are I believe 29 districts (communes) in Norway and a Lag represents one of those districts where your ancestors may have immigrated from. The R-DD stands for Ringerike-Drammen District one of the 29 different districts in Norway. All these lags fall under the Fellesraad organization, which meets in Minneapolis, MN. You can find more about this organization on the Internet.

To Ardis Danger: Your article in the May 2022 R-DD Brev (Volume 36 - Issue 2) entitled "Lier Municipality" was read with interest especially the portion dedicated to Colonel Hans C. Heg. As mentioned, Colonel Heg led the 15th Wisconsin regiment until he lost his life in 1863 at the Battle of Chickamauga. What really brought my attention was your citing that **the Norwegian flag used by this regiment was donated by woman's lodge Nora in Chicago.** Most American Norwegians don't know that the oldest Norwegian organization in America formed in 1860, in Chicago, IL was Den Ritter av Hvite Kors, RHK (The Knights of the White Cross), by a gentleman from Drammen. Note that this occurred 35 years before Sons of Norway organization was established in America. Eventually RHK purchased property and built their own meeting hall on Kedvale Ave. in Chicago (the yellow building is still there but was sold 40-50 years ago). In 1938 RHK (incorporated as Nora Lodge) joined the Sons of Norway organization and operated as such for 50 years until disbanding in 1988, due to lack of membership.

To Sherri Framness:

Thanks for suggesting that I take on the task of more research on the former Ritter av Hvite Kors (RHK) organization. However, I feel that this would be better undertaken by someone closer to the files at St Olaf College in Northfield, MN. Previously I have asked a Viking magazine writer to publish an article in addition to suggesting that Vesterheim explore creating an exhibit focused on this organization. Unfortunately, neither have accepted this offer to date. Certainly, I will continue to seek the appropriate venue. Of course, you are welcome to publish my brief historical remarks in the next R-DD Brev. Thanks.

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Facebook posting from <https://mymodernmet.com/hotel-northern-lights-wake-up-call>.

(Shared by Sharon Rohrback) Right click on above and Open Hyperlink

Iceland Hotel Room Phone Has a Button to Request a Wake-Up Call When the Northern Lights Are Visible

Musician Kristjan Hrannar recently visited "the land of fire and ice. It's not clear which hotel he was staying at, but the complimentary auto-aurora wake-up call is offered in numerous hotels across the country. Hotel Rangá, Hotel Husáfell, and Hotel Budir are just a few that offer the special service. If you're planning a trip to Iceland, the best time to see the Northern Lights is between October and March.

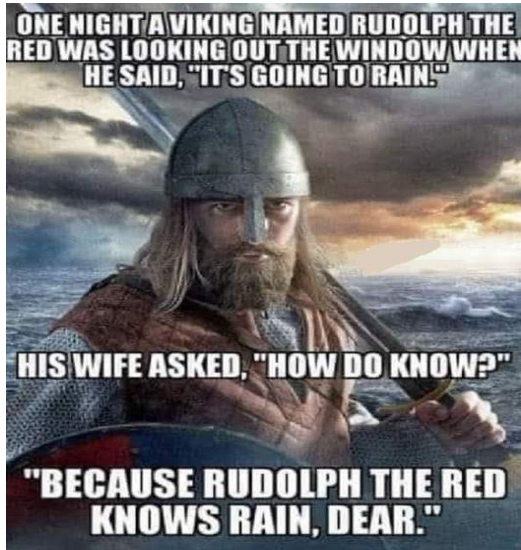


HUMOR
(2 items follow)

1. From Ingebretsen's Sunday Funnies (Facebook) posted 10/9/22.

Lena decided that she and Ole needed a bit of culture so she purchased tickets to the ballet. That evening after watching the performance for about 30 minutes Ole leaned over to Lena and whispered in her ear,
"I don't see why they dance on their toes. Why don't they just get taller dancers?"

2. From Facebook posting (shared by Sharon). My late husband Bob, pun lover that he was, would have enjoyed this one.



RECIPE

Posted on Sons of Norway Facebook page. Right click on the link then Open Hyperlink.

As the temperatures begin to drop and winter approaches, soup may sound good! Try out this pumpkin and potato soup from our recipe box:

https://www.sofn.com/.../soups/pumpkin_and_potato_soup/

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/](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.comwww.visitfinland.com

www.inspiredbyiceland.comwww.visitnorway.com

www.visitsweden.com

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

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