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

October 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

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Blå Fjell's website: sonsofnorwayblafjell.org
Facebook group: http://www.facebook.com/SonsOfNorwayBlaFjell

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Mission Statement:

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

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

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NEXT MEETNG October 23, 2021
OUR VERY SPECIAL LODGE 25TH ANNIVERSARY 1-3 pm
at "The Quill" Dining Room, Richfield Living Center, Salem, VA.
DIRECTIONS/MENU on pages 2 and 3

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

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MARK YOUR CALENDARS

Oct 13, 2021:Leif Erikkson Day at Faith Christian. Event Chair Cheri Johnson.

Oct. 23, 2021, 1-3: Blå Fjell Lodge 25th Anniversary. Richfield Living Center, "The Quill" Dining Room. Event chairs: Joann, *Kathy and Cheri.*

Nov 12, 2021: Viking Day at Faith Christian. Event Chair with five Blå Fjell aides.

Nov **20**, 2021: Meeting 1-3pm, at College Lutheran Church. Program TBD.

Mark Your Calendars continued next page:

Dec **11,** 2021: Blå Fjell Lodge Julefest/St.Lucia. College Lutheran. Event Chair TBD.

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

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

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BLA FJELL 25TH ANNIVERSARY CELEBRATION DETAILS.
RSVP WITH MENU CHOICES BY OCTOBER 15, 2021

BLA FJELL LODGE #3-646
SILVER ANNIVERSARY
HONORING 25 YEARS OF
CELEBRATING OUR HERITAGE

SATURDAY, OCTOBER 23, 2021, 1-3PM
THE QUILL DINING ROOM
AT RICHFIELD LIVING
3730 RICHFIELD LANE SALEM, VA 24153

RESERVATIONS BY OCTOBER 15, 2021
also state menu choice
CONTACT JOANN BARFIELD
(540)380-2926 OR mjghbarfield@gmail.com

DIRECTIONS to THE QUILL DINING ROOM, RICHFIELD: drive West on Main Street, Salem (460-11), about 3 miles to Daugherty Road (the corner of Medeco), turn right on Allegheney, turn left at The Villas and Old Nursing Home to the Town Center (under canopy) to Visitor Parking

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MENU (individuals pay own bill)

1. Two Salad options: $3.99 each

Wedge Caesar Salad .. Crisp Romaine, focaccia croutons, shaved Parmesan and Creamy Caesar dressing OR Spring Greens Salad .. Spring mix, slivered almonds, Feta, dried cranberries, red onion, and house vinaigrette dressing

2. Two Entre options: served with dinner rolls and beverage ..

Dill crusted Salmon .. $12.99 .. Atlantic salmon filet with dill and lemon essence, roasted red potatoes, broccoli . OR Asian Port Tenderloin .. $11.99 ..Asian Pork tenderloin in ginger based soy sauce paired with sweet potato fried rice, broccoli

3. Two Dessert options: $3.50 each

Flourless Chocolate Torte OR New York Style Cheesecake

Please include menu choices with RSVP by October 15 to Joann Barfield, 380-2926

* Scandinavian/Nordic attire welcomed
* Please bring Scandinavian/Nordic treasures (made by yourself or part of collection) for the Talent/Treasure Tables and be prepared to say a few words about your exhibit.
* Please feel free to bring spouse or guests, family & friends!
* Membership pins to be awarded for 25, 15, 5 years.

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MEMBER NEWS

OCTOBER BIRTHDAYS
Karen Solvi-Smiley 10/20.

PRAYERS:
--for Don Johnson: healing of serious eye problem starting suddenly in September.
--for Ed Wold: now in Raleigh Court Nursing Home and able to have visitors.
--for Walter Sandberg: for healing of his leg injured in September when he fell. Walter told me he appreciates all our prayers.

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PRESIDENT MESSAGE

SEE YOU AT THE OCTOBER 23 ANNIVERSARY GATHERING. Nine charter members are receiving a 25-yr membership pin at October Anniversary mtg. Jan Helge Bohn, Kathy H. Clark, John Eide, Lars Hagen, Joe Lindsoe, Arvid Myklebust, Ellen Nygaard, Thomas Nygaard and Arne Olsen. In addition: Cheri Johnson, Sharon Rohrback, and Todd Solberg each receive a 15-yr membership pin; and JoAnn Stephens-Forrest a 5-yr membership pin.

NORDIC AUCTION in September VERY SUCCESSFUL says Cheri, event chair.
"Great news on the Nordic Auction! We made $383.00 which well surpasses the $200 mark! That says a lot for 9 people! We are thankful for the donations from Joe Lindsoe, The Olsens (Arne and Becky) and the Hagens (Lars and Janis). We did it!!!"

and a thank you from Sharon: 9 members/1 visitor attended. Four members could not but donated wonderful heritage items. Thank you to those who helped setup and cleanup; donated and or purchased. There was a great variety of items provided, including several older heritage pieces. Thank you, Inga and Annita for the great gathering snacks and beverages.

From Lodge Editor: EMPTY ARTICLES: If you wish to see them, please contribute YOUR input. I am going to start moving empty non-officer articles to later in the newsletter.

Sharon Rohrback and Cheri Johnson, co-Presidents

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MINUTES OF SEPTEMBER 2021 MEETING

The Sept. 25, 2021, Blå Fjell Lodge meeting was held at College Lutheran Church, Salem. VA. Sharon called the meeting open with singing of the Norwegian, Canadian and USA anthems. The pledge to the American flag was given by all. Cheri reported on the plans for the upcoming 25th anniversary dinner of our lodge. It will be held at The Quill on the Richfield campus on Oct. 23rd at 1 PM. Several selections can be made from the menu. RSVP is Oct. 15. Reservations are made with Joann at 540-380-2926. Pins for members that have belonged to the lodge for 5, 15 and 25 years will be presented.
We then had our Nordic silent auction, yard and bake sale. We far exceeded the $200.00 goal. A good time was had by all. We closed with prayers for our friends and loved ones.
Inga Solberg and Anita Nelson provided the snacks and soft drinks.

Kathy Clark, Secretary

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MEMBERSHIP GOOD NEWS-
shared by Joann from Sept 2021 SON E-Post e-mail document.

HAVE YOU HEARD?

Sons of Norway just keeps growing! We've added more than **10,000 new members** in 2021. Here's why our newest members say they've joined:

…A sense of belonging. The ability to learn more about my heritage and to share my own experiences with others
—New member, June 2021

…Great food, friendships and fun events
—New member, June 2021

Let this Good News be an inspiration to all of us to Get Onboard with membership recruitment! The Anniversary Dinner would be a good time to invite prospective members!

Joann Barfield, Membership Secretary

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CULTURAL DIRECTOR MESSAGE

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

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THE CHLDREN'S CORNER

Leif Erikson Day: on October 13 the 4th grade class at Faith Christian school will learn all about Leif Eriksson…4 days past the International Day of the real day, October 9. The children at Faith have been getting Covid so that puts them at home for a week.

Viking Day November 12. This time the 4th grade teacher got Covid and had to stay out 10 days. So that means our Viking Day will be November 12, a Friday. We are hoping some of you may participate with us so we can have a great program and teach them many things.

Please contact Cheri if you would like this opportunity, 540-556-36115 cell #--you can leave a message.

Cheri Johnson, Children's Activities Coordinator

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NORDIC HISTORICAL/CULTURAL NEWS

LEIF ERIKSON DAY - Oct 9, 1825

shared by Todd Solberg

Leif Erikson Day – October 9, 2021 link**:**

https://nationaltoday.com/leif-erikson-day/

(side note from Sharon Rohrback: it's interesting to note the various spellings of his last name; I used spelling as in the article).

Happy Leif Erikson Day!

This day marked when Scandinavians started to settle in the USA. Leif Erikson Day – October 9, 1825.
October 9 was chosen because it is the anniversary of the day that the ship Restauration arrived in New York from Stavanger, Norway on October 9, 1825.
This was the start of organized immigration from Scandinavia to the USA.
The date is not associated with an event in Leif Erikson's life.

Leif Eriksson was the first known European to have set foot on continental North America, Four hundred ninety-two years before Christopher Columbus.
Viking Leif Eriksson set foot in the New World a full 500 years before Columbus ever set foot on a ship.
Today, we know the World Heritage archaeological site L'Anse aux Meadows in Newfoundland was Eriksson's short-lived Vinland colony. In the 1960s, uncovered Viking artifacts and confirmed them as the earliest European settlement yet known in the Americas.
Leif Eriksson Day made its debut in the early 20th century.
President Lyndon Johnson first signed a proclamation in 1964 that declared October 9 is Leif Eriksson Day, a national day of observance.
Each sitting president still proclaims it every year.

Did Christopher Columbus go to Iceland?

Did you know Christopher Columbus stayed in Iceland for an entire winter?
In 1477, he sailed to Iceland and stayed at the farm called Ingjaldshóll (Ingjaldshvóll).
In Iceland, there are great tales and Sagas about the Vikings.
Icelandic Sagas told of Viking voyages to Vineland.

Vinland is considered to be the north cape of Newfoundland at what is now called L'Anse aux Meadow. History about the Vinland settlement is told in two Sagas.
The saga of "Eric the Red" and the "Greenlanders".

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FROM BLA FJELL EDITOR.

1. "SONS OF NORWAY E-POST" DOCUMENT is a good read.

You are strongly encouraged to read the "Sons of Norway E-Post" documents that are e-mailed to members. A picture of each article with summary text is shown in the e-mail, and you can see the full article by clicking the red READ MORE prompt at the end of the summary In the September issue:

1. Membership News - text printed in the above Membership Secretary article on page one.
2. Agder – The Norwegian Riviera. Sometimes called “The Norwegian Riviera” for its temperate climate and abundance of “must experience” attractions.
3. Viking Dog. Norway’s national dog is the Norsk elghund (Norwegian Elkhound) or more accurately “moose dog”) is a medium-sized dog that has hunted, herded and played guard dog since Viking times. Members in Minnesota and nearby states can meet the "Dog of the Vikings" at the National Norwegian Elkhound Association show September 19-24.
4. Norway: The Safest Holiday Destination in Europe. In a recent analysis conducted by French travel agency Voyage Avec Nous, and data firm Flashs, Norway has topped the chart as the safest holiday destination in Europe. This analysis was structured using five criteria: health, security, road deaths, robberies, and intentional homicides.
5. Sons of Norway -now offering easier access to most-requested insurance forms. On sofn.com.
6. Recipe Box - Eplekake.

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2. SCANDINAVIAN PRESS MAGAZINE HAS CLOSED. Many of our members will miss this magazine greatly. This high-quality magazine was produced in Minot, ND. We were sorry to receive news of its closing (several reasons were given, including the death of the magazine founder and COVID impact on workers available to find articles and publish it.) Each subscriber was given the choice of a refund for the balance of his/her subscription, or of receiving archived magazine(s) equal to that balance. Every magazine had articles about each of the Nordic countries, often with longer articles emphasizing a certain person/event

Joann's letter to the publisher definitely echoes our reaction: "Dear Sheldon: How sad I am to hear the news of the suspension of the **Scandinavian Press!** It has been, by far, my most favorite magazine in the years since I discovered it!
Being a native North Dakotan (from Upham), I have always been immensely **proud** of this very fine magazine coming from my home territory, especially since my roots are Icelandic-Norwegian, and I so often felt that I was reading about **my people!** Additionally, your relationship with **Icelandic Roots** was most meaningful to me!
The Covid situation and the current **political situation,** I feel, have been the cause of the loss of this most labor-of-love publication! I will continue to HOPE AND PRAY that there may be a way to resurrect my most beloved magazine.
In the meantime, I will appreciate receiving the back issues noted on the enclosed card.
With gratitude and best wishes for your future,
Joann Barfield"

Submitted by Sharon Rohrback, Editor

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RECIPE: from Kathy Clark

Rommegrot (sour cream porridge)

This is one of the oldest recipes in Norway. While I was visiting family in Hjartland, Norway this was served. It is served on special occasions such as birthdays, weddings, and baptisms. It was traditionally given to a new mother.
2 c. sour cream
3/4 c. flour
2 c. milk
dash of salt
cinnamon and sugar for serving
1. In a heavy bottomed saucepan, bring sour cream to a boil and boil 2 minutes stirring often. Add half the flour and stir carefully. Skim off the butter that rises to the surface. Keep it warm in a bowl or pan.
2. Stir in remaining flour 1 tablespoon at a time. Stir in the milk. Simmer 5 to 6 minutes, stirring constantly. Stir until very smooth. Season with salt.
3. Serve with the warm butter, cinnamon and sugar. A red fruit juice such as raspberry, is usually served with the porridge.

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HUMOR - we need input

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MEMBER MEMORIES - we need 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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NORDIC MODERN NEWS - we need input

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SONS OF NORWAY OFFICER ARTICLE(S)

1. October is Foundation Month at Sons of Norway. Article from District 3 Foundation Director, Dirk Hansen.

October is Foundation Month at Sons of Norway. Please help us celebrate and support he services that the Sons of Norway Foundation provides to members. Annually, We provide over $35,000 in grants to lodges and partners that advance the core values of Sons of Norway and over $110,000 in scholarships to members, the children of members, and the grandchildren of members. We would not be able to provide this assistance without you!

Applications for Scholarships open on October 1. This year we are offering 16 different scholarships, including, for the first time, the Elaine Nelson Scholarship for student members studying Business, Agriculture, or Education. You can find descriptions of all the scholarships we offer and apply on our website: https://www.sofn.com/foundation/scholarships/. We encourage everyone to visit the site to learn more and facilitate applications.

Donating to the Foundation is an opportunity to incorporate your passion for the Sons of Norway into your charitable giving plans. This year with our "Together We are the Future" fundraising campaign, we are trying to raise $150,000 to support our grants and scholarship. Visit https://www.sofn.com/give2021/ to learn more and donate!

2. Fra 3-D Presidenten, Katherine Dollymore –October Message

I hope that everyone was able to enjoy the many splendors that summer had to offer and now Fall has finally arrived I cannot believe we are already into the 10th month of 2021.
Autumn is here with SON Lodge events and holidays to attend and celebrate this coming season! This time of year always brings changes to the weather and colorful scenery. It's also a nice time for a road trip and leaf peeping! You can tell that fall is here as all of the unhealthy indulgences at the supermarkets and coffee shops are available in Pumpkin Spice.

I was pleased to be able to visit Norumbega Lodge and present them with their 50 (+1) lodge anniversary plaque. What a welcoming group of lodge members. After some music on the accordion by Luanna Jøsvold, some speech-a-fying and a wonderful potluck, visiting with friends, both old and new, I traveled to Bernt Balchen Lodge. This lodge can really appreciate the change of colors in the Pennsylvania Mountains. They have new signage on the highway welcoming folks to "Little Norway" Rowling, Pa, home of SON Bernt Balchen. How nice to see that! Bernt Balchen hosted the Zone 3 meeting. Fredheim, Nor-Bu, Noreg, Pleasant Point and Bernt Balchen were all in attendance and Zone Director Audun Gythfeldt ran a great meeting. It was a wonderful visit with new friends sharing information and news about our Third District and then a terrific pot luck meal. We do have some fine cooks in our Third District. October looks just as busy with the Nordkap celebrating their 100 years on October 2; Hudson Valley celebrating 75 years on October 9; Bla Fjell celebrating 25 years on October 23, and what a wonderful time of year to see the change of the colors in the Blue Ridge area; and a Zone 2 meeting later this month.

The 3D District board will meet at the end of this month by Zoom. Your District Board has been, and will continue, working to make the 3D stand out in all the lodges of Sons of Norway, and I congratulate the local lodges for doing their part in making us a shining star.

Your lodge may have started back with a welcome back from summer event and now moving forward with nominations, elections, Thanksgiving events, Juletrefest parties. Let's show our support for these functions and all those hardworking people who give up their time to make these lodge functions a

success. Remember, it is your Lodge, and your support is needed.
Speaking of nominations and elections, please consider becoming involved with any of the committees in your lodge. You don't have to handle the roll of officer on your own- share the position and it will be light work. Thank you all for supporting your lodge and the Third District and I hope to see you at one of the upcoming functions!!!
Last but not least you all know that October is Foundation month. The SON Foundation supports our members and their communities by offering a wide range of scholarships and grants focused on promoting Norwegian heritage and culture. Take the opportunity to make an October meeting a fundraiser (a 'fun'draiser)—an excuse to get people together to have a great time, while raising money for a good cause. A 'fun'draiser can help support the Foundation, and engage and bond your membership, while providing another opportunity to make the community aware of your lodge and all that it has to offer. Tapping into friends and neighbors not only attracts more potential members but can also increase the amount raised for the Foundation.
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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 this from 3-mail message
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.orgor Facebook www.Facebook.com/hrsons

Norsk Carolina Lodge 3-679 meets in Charlotte, NC: Website www.norskcarolina.orgor Facebook www.Facebook.com/NorskCarolina

Norskevenner Lodge 3-678 meets in Roswell, GA: email sofnvennekretsen@gmail.comor 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://scandinaviancelebtrationmb/

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INTERNATIONAL NEWS

For Royal Norwegian Embassy in Washington: emb.washington@mfa.noFor Nordic News from the Icelandic Embassy: http://www.iceland.is/us
For NEWEST NEWS: New newspaper ... Welcome to Norway Today: www.norwaytoday.infoFor FULL LISTING OF EVENTS around the U.S: wwwnorway.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 atthe various information. Sharon Rohrback

www.visitdenmark.comwww.visitfinland.com
www.inspiredbyiceland.comwww.visitnorway.com
www.visitsweden.com

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PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!