



SONS OF NORWAY

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

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 Gathering: SEPTEMBER 24

Program: Nordic auction/bake sale/yard sale

Snack: Karen; Beverage: Sharon

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.

| | | | |
|-----------------|-------------------|---|--|
| 9/24/22 | 1-3 at CLC | Nordic auction/bake sale/yard sale | Snack Karen; Bev'age Sharon: |
| 10/22/22 | 12:30-2:30 | 26 th Anniversary mtg at Richfield The Quill restaurant (same loc as last year). Joann has reserved 12:30 start time and will discuss further detail with manager Candace. | Program: Jo Stephens-Forrest Sami visit presentation and Sharon Announce Candidates for Nov election |
| 11/19/22 | 1-3pm at CLC. | Election of Officers for 2023-2024. | Snack Cheri: Bev'age ??? |
| 12/10/22 | 1-3pm at CLC. | JULEFEST (full meal) | Food: all; St. Lucia procession |

MEMBER NEWS

September Birthdays

Larry Norman 9/12 Lars Hagen 9/24

Prayers

--Continued prayers of healing for Todd Solberg.

WORDS OF WISDOM

"WHEN WE ARE YOUNG, we take our friends for granted. when we get older, we know what they mean to us."

Edvard Hagerup Grieg, the Norwegian American newspaper

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

Third District President, Steve Helmold, sends his message lodge presidents monthly. You can read them on the district web site "3dsofn.org". But I have printed his first message in this newsletter. Note all the 3D committees, especially the Lodge Support Committee and The Givings Committee.

From co-Presidents Cheri Johnson and Sharon Rohrback

NORDIC AUCTION - INDOOR YARD SALE - BAKE SALE

SEPTEMBER 24, 2022 1 - 3 pm

Bring items the day of the event

NORDIC AUCTION Please bring Scandinavian/Nordic items you do not wish to keep anymore. Your donation is someone else's treasure. We all love to buy each other's treasures. It is a silent auction, and we have a lot of fun trying to outbid each other in a 15-minute time period.

YARD SALE Look around your house for some items you don't need any more. We used to say clean out or declutter. Now the new word is "minimize!" Make your life simple and pass on your extra stuff! We try to stay in the \$.50 to \$3.00 range. It helps if you mark the prices on your items.

BAKE SALE Bring a favorite dish, whatever it is, and mark it \$3.00. You donate your dish and take home someone else's for \$3.00! This is a lot of fun! Everyone goes home with something!

MONEY We take cash or checks that can be dated for the end of the month. This is our last fundraiser, so come and have fun with friends and spend some money!
Cheri Johnson, Event Chair

*******NOMINATING COMMITTEE MESSAGE*******

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)

The nominees will be presented at the October meeting and elected at the November meeting.

submitted by Sharon Rohrback and Karen Rice

MINUTES OF JULY PICNIC GATHERING

No minutes for August as it was our summer break.

MEMBERSHIP SECRETARY MESSAGE.

Here it is, September! I hope and trust that everyone had a wonderful, restful summer .. and is ready to get cranked up for a busy fall season, when we have some of our most enjoyable events coming up .. the September Auction meeting, the October Anniversary Dinner, the November Thanksgiving meeting .. and JULEFEST! All are good occasions to invite family and friends and, hopefully, prospective members. "Each one, Invite one!"

Our long-awaited Membership Campaign is in process! The Membership Team is considering options for the Grant funds for paid advertising of Bla Fjell Lodge, and we have entries in several Community Calendars .. let's all be prepared for a flood of visitors to our upcoming meetings! If any of you know of possibilities for Calendar advertising, we would appreciate your sharing those with us .. we aim to Saturate The Market!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

Planned for October meeting

I (Jo Forrest) am doing the cultural program from my trip to the Sami Cultural Center in Duluth, MN
Lucy Hochstein and JoAnn Stephens-Forrest, co-directors

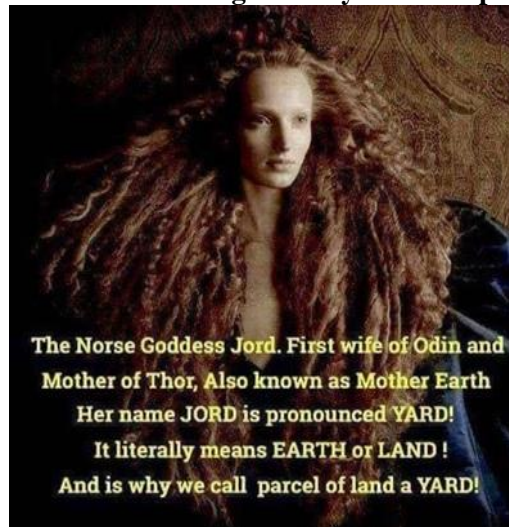
DIRECTOR OF CHILDREN'S ACTIVITIES MESSAGE

No children's message

Cheri Johnson, Director of Children's Activities

SHORT ARTICLES/LINKS of interest.

1. **Shared on Facebook by Southern Star Lodge. Why we call a parcel of land a YARD.**



Norway and company

Ivar Dahl ·

2. Two Links to “theArchaeologist” blog. Thank you Elaine Fischer.

Right click on the link and specify Open Hyperlink

--August 23, 2022 blog entry: **First Female Viking Grave Discovered in Swedish Mountains.**

<https://www.thearchaeologist.org/blog/first-female-viking-grave-discovered-in-swedish-mountains>

--August 28, 2022 blog entry: **Plus Iceland's caves & early Vikings:**

<https://www.thearchaeologist.org/blog/icelands-ancient-caves-reveal-the-islands-viking-early-history>

RECIPE shared by Kathy Clark

Norwegian meatballs (Kjottboller) Recipe from Notably Norwegian cookbook

Meatballs: 2 quarts water, 1 med. 1 med. chopped onion, 2 stalks chopped celery,

1 1/2 lbs. ground beef or mixture of pork and beef

1 cup cream

1 egg

1 Tbsp. cornstarch

salt and pepper, start out with 1/4 tsp of each because the soups are salty used in the gravy.

Gravy:

2 cans beef consomme

1 can cream of mushroom soup

3 Tbsp. flour

Heat water onion and celery and boil for 10 minutes. Mix meatball ingredients well and form into 1 1/2 inch balls. Drop meatballs slowly into liquid and simmer until they rise to the top of liquid. Remove from liquid and put in a large baking dish sprayed with veg. spray. Mix consomme and soup, add flour. Add to meatballs. Cover and bake 350 degrees for one hour. Uncover and bake for 30 minutes more to brown. This makes tender meatball and very good gravy.

HUMOR

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MESSAGE FROM 3D PRESIDENT, STEVE HELMHOLD

(Sharon decided to print this one, his first message. Note the important 3D committees.)

I am honored to be entrusted with the job of Third District President. My goals for the next two years are to increase transparency, communication, and engagement from the members of the district. As many of you know, this past year has been a tough one for me with 6 hospital visits including 4 surgeries, the latest just this August. I would like to thank all the lodges and members who sent cards and e-mails with their prayers and good wishes. It meant a great deal to me. I seem to finally be on the road to recovery. I really hated not being able to attend the District Convention in Jacksonville in person, but as it turned out, it was better that I was close to home during that time. I would like to thank the members of Gateway to Florida Lodge for all their hard work in conducting, from what I could see and from what I have heard, a wonderful convention.

Covid has taken its toll on many of our lodges and as we get back to a new normal, living with covid, I hope all the lodges can get back to where they were or even better than they were before the pandemic hit us.

You can rest assured that the members of the 2022-2024 Third District Board are ready, willing and able to get our District to come back even stronger than it was before.

To that end the following committees have been formed, approved by the Board, and have begun to work hard to make the district as great as it can be:

Committee to Review the Minutes of the 2022 Convention

According to Article III Section 9 in our Bylaws: The District Board shall appoint a committee to review the District Lodge Meeting (Convention) minutes before the Secretary sends a copy to the Sons of Norway Headquarters. The minutes will be reviewed and approved by the District Board at the fall board meeting.

By-laws and Policy Review Committee

The purpose of this committee is to review our bylaws and policy manual to make sure we are in compliance with the new international rules and to suggest any updates that are needed.

LOV Money Committee

The purpose of this committee is to suggest to the board the best possible use of the money from the sale of LOV.

Rezoning Committee

The purpose of this committee is to recommend changes to the zoning lines if any are needed.

Convention Policy Committee

The purpose of this committee is to review the policy manual for host lodges that are considering hosting a Third District Convention. Topics to be considered are virtual meetings, hybrid meetings, financial assistance to host lodges and any other concerns the committee seems fit to address.

Finance Committee

The purpose of this committee is to assist the treasurer and to present a budget each October for the following year as well as a 2-year budget prior to each District Lodge meeting (Convention).

Scholarship Committee

The purpose of this committee is to explore the possibility of having a Third District Scholarship fund. The committee will need to find the initial funds as well as propose fundraising ideas to keep the fund going.

Local Lodge Support Committee

The purpose of this committee is to identify and assist lodges that are struggling, to reach out to the officers of these lodges and suggest ideas to help them get back on track perhaps by getting more members, suggesting programs to retain and engage members and addressing other problems that these lodges are having. Also, this committee will be making suggestions to all lodges to enhance the programs

that they are presently running.

Website Committee/Publicity

The purpose of this committee is to examine our website and make any necessary changes to make it more informative to our members.

Giving's Committee

The purpose of this committee is to continue their work to educate membership and increase involvement in the Sons of Norway Foundation, the Third District Charitable Trust, Alzheimer's and other worthwhile charities.

This is only the beginning. As the need arises, I will be forming other committees. I hope if I reach out to you to serve on a committee, you will be willing to step up to the plate.

There is a need for Leadership training. This will first be addressed at the October Board meeting and then will become available to zones and lodges. Hopefully this will result in more members becoming engaged in the work of Sons of Norway so that we will not continue to be the best kept secret.

I look forward to meeting as many of you as I can in the next two years.

Fraternally,
Stephen Helmold
Third District President

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.comwww.visitfinland.com

www.inspiredbyiceland.comwww.visitnorway.com

www.visitsweden.com

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!

For the Love of Norway!!

