



SONS OF NORWAY

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

August: month off

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.	
		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

August Birthdays

Walter Sandberg 8/12
Annmarie Drake 8/17

Victoria Epperly 8/16
Carolyn Sandberg 8/21

Arvid Myklebust 8/16

Prayers

--Prayers of comfort for Todd Solberg, who reported he is having several medical issues and is going through some testing, etc. He regrets they "hinder his abilities right now to contribute to the Lodge" and sends his best regards.

----Prayers of comfort and pain relief for Zone 7 Director Bill Browning. He has had severe pain for about three weeks and will see a doctor to confirm whether it is rheumatoid arthritis.

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)

66TH DISTRICT THREE CONVENTION

FOR ANYONE WHO IS INTERESTED, We have available the minutes of the recent District Convention .. all **57 pages!** We'll be happy to share with you ..

Sharon and Joann

PRESIDENT MESSAGE

HAPPY, HAPPY HOT SUMMER TO YOU ALL.

We hope you had fun during Bla Fjell's summer-off month.

I sincerely hope none of you or any one in your family had severe damage from the large amounts of rainfall last week. I know Buchanan was severely impacted. I e-mailed a message from Dirk Hansen stating there is 3D Foundation money available to assist anyone with damage.

IMPORTANT: still looking for candidates for the October presentation and November election for two-year term Jan 2023 through December 2024. See article below.

New Zone7 Director Bill Browning conducted the first quarterly Zone 7 Zoom meeting to be attended by lodge presidents. Three attended; many out of town. Next zoom meeting in October.

Thank you, Joann, for hosting the July picnic. And thank you everyone for delicious "vittles" and fun conversation.

I thank Cheri and Joann who took some time to straighten out the Blå Fjell closet at College Lutheran Church. Thank you so much. It had not been straightened out since last December Julefest.

From co-Presidents Cheri Johnson and Sharon Rohrback

*******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)

Anyone who wants to nominate themselves to a position or take themselves out of a position they don't want, or create a position not mentioned below should contact Sharon or Karen.

Positions are President, Vice President, Treasurer, Corresponding Secretary, Recording Secretary, Membership Secretary, Editor, Cultural Director, Foundation Director, Website Administrator, Facebook Administrator, Fraternal Gives database administrator, Director of Children's Activities.

Note: because of Sharon's plan to move to Iowa by Fall 2023, she will not be a candidate for any positions.
submitted by Sharon Rohrback and Karen Rice

PREPARING FOR SEPTEMBER UPCOMING EVENTS

NORDIC AUCTION - INDOOR YARD SALE - BAKE SALE SEPTEMBER 24, 2022 1 - 3 pm

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

MINUTES OF JULY PICNIC GATHERING

No minutes for the July meeting, which was a social picnic event.

MEMBERSHIP SECRETARY MESSAGE.

What a wonderful time of Food and Fellowship we had at our annual July picnic! Many thanks to all who came and contributed .. the best attendance in recent years and the largest array of food! To those several folks who missed it due to illness: We missed you and hope you are well recovered by now.

Our best wishes to all for a safe and happy rest-of-summer .. come back in September, full of Vim, Vigor, and Vitality!!

Joann Barfield, Membership Secretary

CULTURAL DIRECTOR MESSAGE

Planned for next 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 Activities this month.

Cheri Johnson, Director of Children's Activities

GETTING TO KNOW NEW MEMBER

ANNMARIE CARLSON DRAKE joined 6/1/2022

(Annmariie graciously provided this picture of her)

Hello everyone! I, Annmarie Carlson Drake, moved to Roanoke last September, after living since 1984 in Minnesota. For the previous 10 years I had lived in Europe, dancing in ballet companies and when retiring from the stage went back to get a degree in music in Frankfurt, Germany. My oldest daughter followed my footsteps and is an opera singer currently residing in Italy. I chose Roanoke for the climate, mountains with plenty of hiking, arts, and moderate cost of living. I love living in the Old Southwest neighborhood with so much within walking distance. I was born in Chicago of half Swedish and half Norwegian heritage. My paternal grandparents emigrated from Sweden at the beginning of the twentieth century. On my mother's side, my great, great grandfather, Peder Hanson Ruen, emigrated from the Hadeland area of Norway at the age of 62 with 5 of his grown children on the 5th of May 1850. His wife, Anne Kjos Elvestuen, died at sea. On July 13th they landed in Quebec, Canada and in June of 1851 settled in Glenwood Township 14 miles east of Decorah Iowa. Peder had 7 children who grew to adulthood, among them my great grandfather, Hans Ruen. Peder lived to the age of 91 and is buried in Glenwood Township. He and his brother Iver fought in Norway's war of independence against Sweden in 1814.

I am very fortunate that we have a 3rd edition published family history book with detailed stories and genealogy.

Annmariie



WHAT IS CULTURAL HERITAGE?

(from the Norwegian-American Weekly)

UNESCO speaks of "Cultural Heritage" in the following way:

Cultural heritage does not end at monuments and collections of objects. It also includes traditions or living expressions inherited from our ancestors and passed on to our descendants, such as oral traditions, performing arts, social practices, rituals, festive events, knowledge and practices concerning nature and the universe or the knowledge and skills to produce traditional crafts.

The importance of cultural heritage should not be minimized because it retains a wealth of knowledge and skills that, if transmitted from one generation to the next, can provide great social and economic value over time. In today's world it can be hard to identify many subtle (or "intangible") cultural elements that are present, as well as when these elements are in danger of loss. In 2003 UNESCO identified five broad "domains" of these intangible domains, including: 1) Oral traditions and language, 2) Performing Arts, 3) Social Practices, rituals and festivals, 4) Knowledge and practices concerning nature and the universe, and 5) Traditional Craftsmanship.

SHORT ARTICLES/LINKS of interest.

1. Viking sword discovered in Norway by metal detector enthusiasts

By JERUSALEM POST STAFF – Thursday July 27, 2022,

Link provided by Elaine Quentin on July 23.

<https://www.msn.com/en-us/lifestyle/mind-and-soul/viking-sword-discovered-in-norway-by-metal-detector-enthusiasts/ar-AAZPCsV?ocid=msedgntp&cvid=247ab9caa3c1435da5f4b2430a7422ff>

Sharon copied the first few paragraphs: “The metal detector enthusiasts were in the Jättå/Gausel area in Stavanger when they discovered the artifact. according to the university, this area is known for the grave of the "Gausel queen," believed to be one of the wealthiest women's graves from the Viking Age. The university added: “The sword would have one of the most spectacularly ornamented and heaviest types of swords from the Viking Age.” Although the sword is missing its blade, the hilt is gilded with gold and silver and decorated with animal heads.

“The technique is of a very high quality, and both the lavish and complicated decor and the special formation of the crossguard make this a truly unique find. Cora Oschmann, conservator, Museum of Archaeology, University of Stavanger. Only 20 swords like this have been found in the country out of some 3,000 Viking swords, the university said. The sword is now in the possession of the museum...

And the last paragraph: ” The university noted that the sword was most likely imported. The décor suggests that the sword was made in France or England and that it can be dated to the early 800s, --- like the sword found on the island Eigg”, said Glørstad.”

2. Swedish Valhund Hound (article shared by Kathy Clark)

This dog dates back to Viking times and is called "Viking dog". Little is known about the origins of it but Britain has a Corgi that in some ways resembles the Valhund. What is known is that for centuries this dog - whose herding instincts is very evident - were rugged cattle dogs in Sweden. The breed has thrived for over 1,000 years.

What makes the Swedish Valhund so special? He is very intelligent 'chirpy' little working dog, is that he likes to bark. He is friendly, active, agile and very inquisitive. He responds well to training, is quick to learn, very trustworthy with children and other animals, with an 'eager to please' personality.

This little "ball of fire" has the skills to be a valuable assistant on any farm or ranch. He considers the world to be his oyster.



3. Book suggestion: “To Cook a Bear” by Mikael Niemi.

(article from Kathy Clark)

I recently read a book called "To Cook a Bear" by Mikael Niemi. This is a historical fiction about the Sami of Northern Sweden in Lapland.

It is 1852, and in Sweden's far north, deep in the Arctic Circle, charismatic preacher and Revivalist Lars Laestadius impassions a poverty-stricken congregation with visions of salvation. But local leaders have reason to resist a shift to temperance over alcohol. A young Sami boy is rescued by this pastor. This boy

was abused by his parents and destitute. He becomes the preacher's faithful disciple while exploring the flora and fauna of Lapland. He also teaches the boy to read and write and to love and fear God.

A young milkmaid is brutally murdered, and another girl is attacked. The locals suspect a predatory bear is at large. A reward is offered by the sheriff for the bear's capture. The pastor uses early forensics and photography. The pastor and the boy find clues that point to a far worse killer on the loose. They are unaware of the evil that is closing in around them.

This is a book that once I started reading it, I could not put it down.

RECIPE

MOUNTAIN TROUT WITH LEMON BUTTER

(from Sons of Norway August 2022 E-Post Newsletter Recipe Box section)

Ingredients

For the Fish

4 pieces of skinned and boneless trout fillet (about 4 oz each)

salt

fresh ground pepper

1/3 cup olive oil for brushing

18 oz. vegetables

7 oz. butter

For the Lemon butter

5.6 oz butter

juice from half a lemon

1/3 cup heavy cream

1/2 Tbsp. chopped parsley

1/2 Tbsp chopped dill

Directions

For the Lemon Butter

To make the lemon butter, boil cream with lemon juice and whip in 3-4 butter lumps. When the butter has melted and is mixed with the sauce, whip in 3-4 new butter lumps. Continue like this until all the butter is used. The sauce should be near the boiling point all the time, but it should not over boil.

Cook the vegetables.

For the Fish

Warm a frying pan over low heat. Spice the fish with salt and fresh ground pepper; brush it well with olive oil. The frying time depends on the thickness of the fillets, but try starting with 1 1/2 minutes on each side and adjust as necessary.

HUMOR

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!

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