



SONS OF NORWAY

FJELL-LJOM.. (MOUNTAIN ECHOES).. BLÅFJELL LODGE 3-646
April 2018

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Blåfjell'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:

Fourth Saturday of each month, **1:00 PM**,
College Lutheran Church, 210 South College Avenue, Salem
(Except for special events)

NEXT MEETING:

SATURDAY, APRIL 28, 1-3 PM
COLLEGE LUTHERAN CHURCH
NOTE CHANGE OF PROGRAM:

FINLAND - CHERI JOHNSON

REFRESHMENTS: Cheri Johnson, Kathy Clark, Lucy Hochstein

HERITAGE MINUTE: JoAnn Stephens-Forrest

Remember to bring your canned goods donations and Tubfrim stamps!



BLÅFJELL CO- PRESIDENTS' MESSAGE:

The calendar says it's Spring .. but here comes another Wintry Weekend! Nevertheless, we're coming up on our major fundraising month of May to support our community services throughout the year .. and April is the month for preparation .. see details from Event Chairs Kathy, Cheri, and Sharon.

All hands on board! We need maximum participation in these upcoming events! Plan to attend Kathy's Christmas Ornaments workshop at her home on Friday, April 20 .. a time of "craftiness" and fellowship! Along with your spring housecleaning, set aside donations for our Spring Yard Sale on Saturday, May 5. And, please sign up for donations of baked goods and a time slot to work our booth at Local Colors on Saturday May 19. These events are good opportunities to make the public aware of Sons of Norway, Blåfjell Lodge!

Unfortunately, I am scheduled for hip replacement surgery on Wednesday, May 2, so will be missing upcoming meetings and activities .. but, I will definitely be with you all in Spirit!

Please note corrections to our calendar due to the above.

Submitted by Joann Barfield, Blåfjell Lodge Co- President

IT'S OFFICIAL!

Recent letter from Fraternal Director, Sons of Norway:

Congratulations on your Lodge's member recruitment efforts in 2017!

Your lodge members deserve special recognition for reaching the 10% new member target. And your lodge is entitled to this special prize package that includes:

- **\$200 cash card** - Please use the card as your lodge prefers
- **New membership programs on DVD - An Expedition of the Senses** - features stunning images of the landscapes, people, and food of Scandinavia. The idea for the short film **The History of Sons of Norway; Honoring the Past, Looking to the Future**, was sparked when a cache old photos were found in our archives, bringing to mind the adage, "You can't know where you're going, unless you know where you've been." I hope your lodge enjoys these videos.
- **Newly designed Sons of Norway banner** - Display this colorful banner at your meetings and events.
- **Certificate of Honor** - In recognition of your lodge's outstanding work in reaching the recruitment goal.
- **Recruiter recognition pins and certificates** - Lists of recruiting members who earned a pin and certificate and the new members they recruited are enclosed. Members are eligible for these awards if their name and membership number was entered on the "Membership Referred by" line on at least one new member's join form during 2017.

As lodge members share their love of Norwegian heritage, culture, and our caring values, your community becomes a better place for all. **Please celebrate your achievement as a lodge and recognize your recruiting members at an upcoming lodge meeting.**

Sincerely,

Linda Pederson
Fraternal Director

P. S. **Thank you** for everything you and your fellow members do as a **welcoming, awesome** Sons of Norway lodge!



MINUTES OF MARCH MEETING:

The March 24, 2018 meeting was held at College Lutheran Church from 1-3pm.

The meeting was called to order by Kathy Clark. She welcomed new member Ed Wold. We had 8 members and 5 guests attending. We sang the Norwegian, Canadian and USA National Anthems. Treasurer, Cheri, reported the balance in the account.

OLD BUSINESS - LOCAL COLORS: Sharon reported that the required Registration document and payment has been turned in to Local Colors, and the required Virginia Department of Health document has to be turned in to that office. Kathy reported on the Christmas ornaments that are being made for Local Colors on May 19th in downtown Roanoke. This is a fund raiser for the lodge and participation is encouraged. Kathy will have a workshop on the making of the ornaments April 20 at her home. Directions to her home will be sent out at a later date. We discussed raising the price on baked goods to \$2.00 for a bag of cookies and cakes to \$3.00 or above, depending on the size of the slice. Larry suggested a new fund raiser for Local Colors to be an ice cream sundae. This will be looked into for more info.

NEW BUSINESS - SON DISTRICT 3 CONVENTION: The District 3 Convention is being held in New York in June. The deadline to register is April 1st. The meeting was adjourned followed by a program on Denmark given by Larry, Georgia and Cheri. The Danish open face sandwiches were provided by Cheri. Larry and Georgia served Danish Pastries.

Submitted by Kathy Clark, Blåfjell Lodge Secretary

WELCOME TO NEW MEMBERS

We welcome into Blåfjell Lodge these new adult members.

Inga Haugen and Edward Wold

We also welcome Heritage Members (person age 0-15, no charge, related to a current member).

Kathy Clark's granddaughter Gracelynn Clark.

Cheri Johnson's grandchildren Adrian, Makenzie and Victoria Epperly.

Submitted by Kathy Clark, Blåfjell Lodge Secretary

MEMBER NEWS:

Gratuleer Med Dagen

April birthdays:

Robin Lambert 4/1

Ellen Nygaard 4/15

John Eide 4/25

Inga Solberg 4/26

FINLAND

SURPRISE!!!!!! We are studying about Finland in April and it is going to be a lot of fun! Here are a few vocabulary words to give you a hint about Finland.....Sisy (See Soo) is a way of life.....75% of land is forest!Helsinki..... historythe Sauna.....The Sami culture.....Rapala fishing line.....Fiskar scissors.....reindeer, berries, oatmeal.....home of Santa Claus!.....Snowmobiling.....flag colors.....99% Literacy rate. See you at the next meeting on April 28!!! Look forward to some yummy food!!!

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

ANNUAL LODGE YARDSALE

Hi Everyone, the annual yard sale is fast approaching and we need all your UNWANTED TREASURES! You can bring them to the next meeting at College Lutheran on April 28 and I will take them to JoAnn's house on the 4th of May. Quantity is what we need, so it is important that everyone contribute! We could also give out free cookies, like the Anna's Swedish gingerbread that sell for \$2 a box at Food Lion. PLEASE SUPPORT OUR LODGE!!!!

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

D-Day Memorial Scout Day Event on April 7, 2018

Six smaller groups (total 82 scouts, 65 adults) rotated among the six information tents. A huge thank you once again to Erik Brun, President of the non-profit 99th Infantry Battalion (Separate*) WWII Education Foundation. This is the third year he has done the presentation for us, with two members of Blåfjell Lodge in the background handing out literature and timing the presentation to move on to the next tent.

Erik mentioned the creation of and displayed a banner of battles of the 99th Infantry with the U.S. forces. He then hosted a hands-on child-oriented WWII activity. Bob and Sharon visited with the adults and monitored time for the group to move to the next site. Sharon gave the troop leaders two documents that she used at a Nov 2017 lodge meeting: One document summarized time line for the occupation of Norway; the other various underground symbols used by the citizens. We also gave out ten Blåfjell Lodge trifold.

*Why the term "Separate"? --this battalion was created for a special purpose. In 1942, the 99th Infantry **Battalion** of the U.S. Army was activated in Camp Ripley, Minnesota consisting of Norwegian nationals and U.S. Citizens of Norwegian decent. They trained in Camp Hale, Colorado for an invasion of Nazi occupied Norway. But they saw battle on the European continent.

For more information, check [www.99thInfantryBattalion\(Separate\)](http://www.99thInfantryBattalion(Separate)).

Submitted by Sharon Rohrback, D-Day Memorial Scout Day Event Chair

Language Lessons 33: **Finnmark**

Phrase	Pronunciation	English
Finnmark er det nordligste fylket i Norge.	Feenn-mahrk aer deht noor-leek-steh feel-keh ee nohr-geh	Finnmark is the northernmost county in Norway.
Mange samer, en etnisk minoritetsgruppe, bor her.	mahn-geh sah-mehr ehn eht-neesk mee-noo-ree-tehts-grew-peh boor haer	Many Samis, an ethnic minority group, live here.
De har bodd i de nordlige delene av Norge, Sverige, Finland og Russland i over 2000 år.	dee hahr boodd ee dee noor-lee-eh deh-leh-neh ahv nohr-geh svaer-ee-eh feenn-lahnn oh rewss-lahnn ee oh-vehr too tew-sehn ohr	They have lived in the northern parts of Norway, Sweden, Finland, and Russia for more than 2000 years.
Opprinnelig var samene nomader og drev reindrift.	oopp-reen-neh-lee vahr sah-meh-neh noo-mah-dehr oh drehv rain-dreeft	Originally the Samis were nomads and made their living from reindeer.
Nå finner du samer i de fleste yrker.	noh feen-nehr doo sah-mehr ee dee flehsteh eer-kehr	Now you find Samis in most professions.
Mange mennesker i Finnmark lever av fiske.	mahn-geh mehn-nes-kehr ee feenn-mahrk leh-vehr ahv fees-keh	Many people in Finnmark make their living from fishing.
Finnmark er også et viktig turistmål.	feenn-mahrk aer oh-soh ehtt veek-tee tew-reest-mohl	Finnmark is also an important goal for tourists.
Nordkapp, et av de nordligste punkt i Europa, ligger her.	nohr-kahpp ehtt ahv dee noor-leek-teh poonkt ee ew-roo-pah leeg-gehr haer	The North Cape, one of the northern-most points in Europe, is located here.
For noen år siden ble et flott turistsenter åpnet der--på 71 grader 10 minutes minutter nord.	fohr noo-ehn ohr see-dehn bleh ehtt flohtt tew-reest-sehn-tehr ohp-neht daer poh suht-tee-ehn grah-dehr tee mee-new-tehr noor	A few years back a great tourist center opened there--at 71 degrees 10 north.

Excerpts from Sons of Norway member Kari Diesen-Dahl Norwegian lessons.

NORDIC HUMOR:



BOOK CORNER: Counting Fun. Laskemisen ilo
(Bilingual Edition) by Sujatha Lalgudi (Author, Illustrator)

This is a great Bilingual book (Finnish English) for young children (Ages 2 - 6). Are you are looking for a counting book from One to Ten? Then, this book might work for you. This picture book (Finnish English) encourages children to count (1 - 10) in a fun and interesting way. Learn to count with the help of the cute animals and the food they eat.

- “The Squeaky mouse nibbles on ONE yellow cheese ...”
- But what does the swinging monkey like to munch on?
- Can you count how many carrots the rabbit is eating?
- What does the baby like to eat?

Children (Ages 2 – 4) can learn colors while finding out what and how many each animal in the book eats. Why, fussy eaters might just get inspired to finish their carrots and veggies! The illustrations are cheerful and bright. Playful animals in the book makes counting a lot of fun! This book is ideal for reading aloud to your child. Beginning readers will enjoy reading the simple sentence on each page. The highlights of this wonderful bilingual children's book are:

- Cheerful full length illustrations
- Simple sentences (Finnish English)
- Reinforcing the numbers
- Learn colors
- Learn what animals like to eat

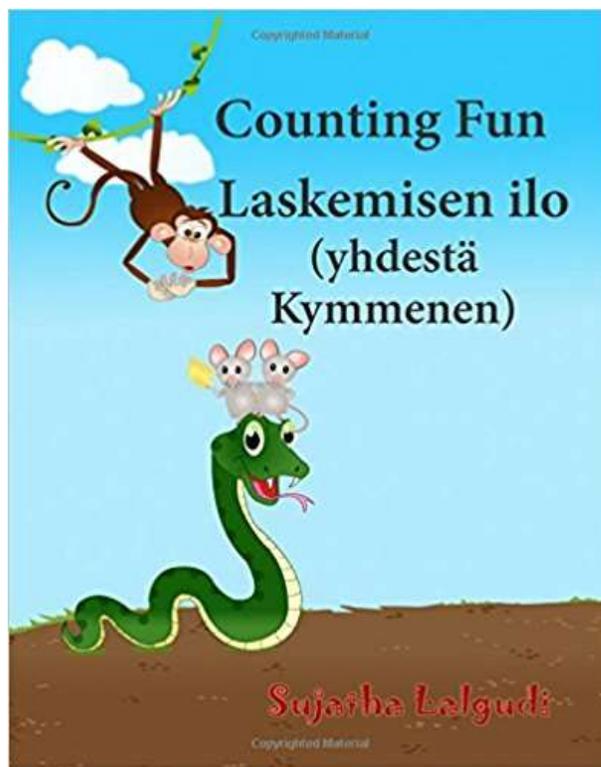
Beginning readers (Finnish English) can practice their reading skills too. Recommended for children (ages 2-6) years. There is a FREE bonus section in this counting book. A baby is ready to eat food. You could use this section to encourage your child to eat well too. Bright illustrations make counting a fun game to play.

About the Author/Illustrator

Children's book author and illustrator **Sujatha Lalgudi** is a Best Seller in Children's Finnish Language Books Some of her Best sellers in Finnish children's books are:

- Jojo's Christmas Day - Finnish picture book
- Where is Santa? - Finnish children's book
- A Lovely Day - Bilingual Edition - English Finnish childrens book
- What are you feeling, Dragon - (English Finnish bilingual Book)
- Finger counting fun - Finnish baby book
- Animal counting book - for beginning Finnish students and toddlers - Bilingual English Finnish
- Where are the Easter eggs - Bilingual Finnish book
- Jojo's Easter egg hunt - Finnish Easter book - (Bilingual Edition) Finnish English children's book

These fiction books (Finnish children's books) introduce children the rich animal life in our jungles, family values and celebrating the many joyous occasions of life. Finnish made easy for kids (easy Finnish reader) - dual language books



NORDIC RECIPES: Danish Pancake Balls (Aebleskiver)

Ingredients

- 1 1/4 cups all-purpose flour
- 3 tablespoons sugar
- 2 3/4 teaspoons baking powder
- 1/4 teaspoon ground cardamom or ground cinnamon
- 1/4 teaspoon salt
- 1 large egg
- 1 cup milk
- About 2 tablespoons melted butter or margarine



Directions

1. In a bowl, mix flour with sugar, baking powder, cardamom, and salt. In a small bowl, beat egg to blend with milk and 2 tablespoons butter. Add liquids to dry ingredients and stir until evenly moistened.
2. Place an aebleskiver pan over medium-low heat. When pan is hot enough to make a drop of water dance, brush pancake cups lightly with melted butter and fill each to slightly below the rim with batter.
3. In about 1 1/2 minutes, thin crusts will form on bottoms of balls (centers will still be wet); pierce the crust with a slender wood skewer and gently pull shell to rotate the pancake ball until about half the cooked portion is above the cup rim and uncooked batter flows down into cup. Cook until crust on bottom of ball is again firm enough to pierce, about another minute, then rotate ball with skewer until the ridge formed as the pancake first cooked is on top. Cook, turning occasionally with skewer, until balls are evenly browned and no longer moist in the center, another 10 to 12 minutes. Check by piercing center of last pancake ball added to pan with skewer--it should come out clean--or by breaking the ball open slightly; if balls start to get too brown, turn heat to low until they are cooked in the center. Lift cooked balls from pan and serve hot (see notes). Repeat to cook remaining batter.
4. Serve the warm pancake balls with butter and jam or dusted with powdered sugar. To make filled aebleskiver, add about 1/2 teaspoon jam to the batter in each cup just before you make the first turn. Serve the pancake balls as they are cooked, or keep warm in a napkin-lined basket until all are ready. The batter can also be cooked on a lightly buttered griddle over medium heat to make light, tender pancakes. For mile-high baking, reduce the baking powder to 2 1/2 teaspoons.

Makes 12 or 13 pancake balls

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

HYGGE.....Hue - gah

- Denmark's secret to happiness and well-being.
- Celebrate a simple life!
- It is the feeling of coziness, intimacy, and warmth.
- Perhaps it accounts for Denmark being so happy.
- Just imagine snuggling up in a comfy blanket with a cup of hot cocoa next to a roaring fireplace in the middle of winter.
- Try to make the most of your life on earth.
- Be kind to each other.
- Your home should be welcoming to others with candles, dinner with family and friends, delicious meals, and fireside chats!
- Take time to enjoy the outdoors and nature. It should be calming.
- Get rid of modern day busyness.
- Let the light shine in your house.
- Curl up with a book or listen to music.
- Add HYGGE to your life! Bring in the flowers and pretty weeds!!

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

What you missed
SATURDAY, MARCH 24, 1-3 PM
Program: "All About Denmark" with our favorite Danish refreshments
Presented by Cheri Johnson & Larry Norman
Heritage Memories: Georgia Carr
Sunshine Cards: Helene DeVries

Just in case you didn't make it to our last meeting, here are a few facts about Denmark that you might find interesting.

- Danish people are called Danes and their dogs are called Great Danes!
- The Danish language comes from Latin. The alphabet has 29 letters and ours has 26 letters.
- 5.5 million people live in Denmark and they pay the highest taxes in the world!
- Greenland and The Faroe Islands have been owned by Denmark.
- 95% of Danes use the National Health Care Service which is state owned and paid for by taxation.
- Most immigrants are from Turkey, Germany, and Poland.
- 87% of the voters turn out to vote.
- Most common boy names are Jens and Peter. Most common girl names are Anne and Kirsten.
- Most famous Danish writer is Hans Christen Anderson.
- The statue of Hans Christian Anderson's "Little Mermaid" is the National Symbol of Denmark
- Walt Disney designed Disneyland after his visit to Tivoli in Denmark
- Legos were invented in 1932 and Legoland can now be found in many places all over the world.
- Danes export bacon and Lurpak butter all over the world.
- The Danes are known for their pastry all over the world. Open face sandwiches, meatballs, rice pudding, & dumplings are favorites.
- Queen Margarethe II runs the oldest monarchy a constitutional monarchy
- Denmark has high academic standards with 99% literacy using project based learning.
- Denmark has the highest use of windmills in the world.
- Denmark smuggled Jews out in WWII from the Nazis.....they saved them all!
- Danes love to bike, play soccer, sail, fly-fish, and play soccer.
- The flag is red and white, the currency is the Krone, and most people are of Lutheran faith



Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

SAVE THIS DATE: BE A LOCAL COLORS Blåfjell Tent volunteer.

SATURDAY, MAY 19, 9 am-5 pm.

(we set up our tent/displays at 8 am; gather to March 10:00 am, do shifts at tent 10-5.)

We will need tent volunteers for 2-3 hour shifts.

We will need baked goods volunteers: home-made desserts pre-wrapped at home.

Submitted by Sharon Rohrback, Blåfjell Lodge Counselor

YARD SALE FUNDRAISER MAY 5, 2018

In order to have a successful yard sale, we have to have a large quantity of items to sell!

- Price all your items reasonably Most items do well at \$.50...1\$...2\$....3\$
- Start now to declutter and simplify your life
- Deliver your items to JoAnn Stephens-Forest's house by May 1
- Clothes and Shoes are fine but we only sell them for \$1.00
- Our goal is \$250.00 and that means we need a lot of your stuff!!!
- Try to come up with 20 items.....board members need 50 each...yikes!
- Large items like furniture and lawn items are OK
- Everyone loves to buy..... JEWELRY.....put in snack size baggies or it will be stolen!

Thank you for your contributions

Submitted by Cheri Johnson, Blåfjell Lodge Cultural Director

April 2018

3rd District Fra Presidenten



You miss 100% of the shots you don't take. Wayne Gretzky

I just got back from a week-long road trip South. It was a great mental health break; I walked along the beach or within sight or smell of the ocean most of the time. The flowers were blooming, the birds were singing, ahhhh, and it was great. I was able to join Southern Star Lodge for their corned beef and cabbage dinner and listened to a fascinating presentation on security from someone who served over seas and on Presidential body guard details.



I came home to see some of my daffodils beginning to bloom. I walked around the house and then I said, oh say it isn't so. I think the red tulip on this letter may be the only red tulip I see by my house this Spring. It appears that something has been having a feast on my tulip bulbs!!!!!!! Normally, I spray deer away and it seems to do the trick but this year I told myself I would spray when I get back – the shots not taken – and I may have lost big time as it relates to tulips. I will wait until after our third Nor'easter leaves us and drown whatever I think I may have left with deer away.

How many times have you wondered about trying something with your lodge and then decided against it? The shot not taken. We all have them. But what if you tried something new, like the security presentation at Southern Star, where it was different and well received.

Think about your usual lodge activities, the activities that worked and those that don't appear to work as well as they have in the past. Is it time to spring into action (I couldn't resist) and take a "shot" at something new? You may score a goal!!!

Finally, as we have come to learn, Easter is the time when Norwegians read mysteries. How about planning a mystery event? Do something different, you could be pleasantly surprised!!

God Paske!

All the best,

Mary



MARK YOUR CALENDARS
FOR UPCOMING MEETINGS AND EVENTS

April 7, 10am-12pm **D Day Memorial Scout Day**
Location: Bedford, VA
Presentations: Erik Brun of the 99th Infantry Battalion (Separate) Educational Foundation

April 20, 10 am - till? **Christmas Ornaments Workshop**
Home of Kathy Clark

April 28, 1-3 pm **SON meeting**
Location: College Lutheran Church
Program: Finland - Cheri Johnson & SON member

May 5 **Annual Yard Sale**
Location: Home of JoAnn Stephens-Forrest

May 19, 9am-5pm **Local Colors**
Location: Elmwood Park Roanoke, VA
Baked Goods and Christmas Ornament sale

June 23, 1-3pm **SON Meeting**
Location: College Lutheran Church
Program: Norway - Sharon Rohrback, Helene DeVries & Guest Speaker
Monthly Heritage Minute: TBA

July 28 **Annual Summertime Picnic**
Location: TBA

August **No meeting - Summer Vacation**

September 22, 1-3pm **SON Meeting**
Location: College Lutheran Church
Program: Annual Nordic Auction/Cake Walk
Monthly Heritage Minute: TBA

October 9 **Adopt-a-School**
Presentation: Leif Erikson Day by Cheri Johnson
Location: Faith Christian School

October 27 **22st Anniversary Dinner**
Location: TBA
Monthly Heritage Minute: TBA

November 9 **Adopt-a-School**
Presentation: Viking Day by Cheri Johnson and other Lodge members
Location: Faith Christian School

November 17, 1-3 pm **SON Meeting**
Location: College Lutheran Church
Program: Iceland - Land of Fire and Ice - Joann Barfield & Cheri Johnson

December 8, 1-3 pm **Julefest Annual Dinner and St. Lucia procession**
Location: College Lutheran Church

December 13 **St. Lucia Concert and Celebration at St. Andrews Church, Roanoke, VA**
Contact person: Cheri Johnson

THIRD DISTRICT/INTERNATIONAL NEWS:

For President's letter, see the Third District Events Calendar: www.3dsofn.org/newsletter/index.html

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

Land of Viking (LOV) camp and conference center in Pennsylvania: www.3dsofn.org/lov or www.Landofthevikings.org

New Sons of Norway E-Post: sonsofnorway@sofn.com

Royal Norwegian Embassy in Washington: emb.washington@mfa.no

Nordic News from the Icelandic Embassy: <http://www.iceland.is/us>

NEWEST NEWS: New newspaper ... Welcome to Norway Today: www.norwaytoday.info

FULL LISTING OF EVENTS around the U.S: www.norway.org/calendar

SONS OF NORWAY MEET ON THE FOURTH SATURDAY OF EACH MONTH!

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY!



For the Love of Norway!!

