



SONS OF NORWAY

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

April, 2024

BLÅ FJELL LODGE SUPPORTS A DEMENTIA FRIENDLY SOCIETY

Publication date: two weeks prior to monthly meeting date; input due three days prior to publication.

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Historian: Karen Rice 540/597-9807

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Blå Fjell's website: sonsofnorwayblafjell.org

Facebook group: <http://www.facebook.com/SonsOfNorwayBlaFjell>
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NEXT MEMBER EVENT:

APRIL 27, 2024.. COLLEGE LUTHERAN CHURCH .. 1:00 - 3:00 pm

CULTURAL PROGRAM:

REFRESHMENTS: Snax .. ANNMARIE Drinx .. TRISH

HERITAGE MINUTE:

PLEASE remember to bring your canned goods for the Salem/Roanoke County Food Pantry and your canceled stamps for Tubfrim.

Editor's note: the Bla Fjell website link is not not working. As soon as it becomes known to me, it will become active. Thank you

CALENDAR OF EVENTS.. 2024 ..

May 18 .. 10-5 PM .. Local Colors, Downtown Roanoke

June 22 .. Foundation Month

July 27 .. Picnic .. Home of Annmarie Drake

August .. Vacation .. no meeting

September 28 .. Nordic Auction

October 9 .. Leif Eriksson World Service Day

October 20 .. 28th Anniversary Dinner location tba

November 16 .. Cultural Program .. one week early, because of Thanksgiving

December 14 .. JULEFEST!

PLAN TO ATTEND EACH AND EVERY LODGE MEETING AND ACTIVITY..



FOR THE LOVE OF NORWAY!

PRESIDENT'S MESSAGE

Happy April Showers! We have had some unusual weather patterns in VA, but it does seem to be getting slightly warmer, more daylight, and plants are popping out all over. I hope this message brings you some joy!

Our lodge is happy to share this good news with you today.

1. We collected \$160 in our "worthy cause" purse to send to **Charitable Trust!** That is amazing! Thank you for your kind generosity!
2. We got the "**Lodge Culture and Heritage Grant**" for \$750! The name of our Grant is "**We Help Children.**" It is designed to buy specific Nordic books for our 2 Adopt-A-Schools. It is giving us extra money to buy items for our "**Children's Table**" at the **Local Colors Festival** in May 2024. This year and into 2025, Jo Stephens-Forrest and I will present programs for Faith Christian and Cornerstone Classical Schools on Sami and Leif Eriksson to 3rd and 4th graders. We will also be able to invite students from those schools to "**Julefest**" in December. They will be our guests and help us with Lucia and the Star Boys. They will stay for dinner and we will "gift them" with special Nordic gifts. I am sure they will liven up our dancing around the Christmas tree.
3. I feel very honored to be selected by 3rd District to fill the position of Cultural Director for the states from Maine to Florida. I am hoping my years of training at Sons of Norway and Local Colors will pay off on this assignment. I am entering some exhibits in the 2024 Convention to represent work we do for children. The exhibits are not judged, but just for the people to see. One will be on Runic Writing, and everyone will be able to write their name in Runic on wood, stone, or a wooden spoon. Another will be on the Sami culture and one on Leif Erickson and Gudrid. I am sure I will be asking you for suggestions along the way.

As we enter this month, we realize we have important responsibilities along the way.

1. We need to complete our trifold for the table at Local Colors, on May 18.
2. We need to finish our gnomes or other money making opportunities by May 10.
3. We need a firm commitment of food we will make and contribute to sell at Local Colors. People who are coming to help and be in the parade need to verify and bring a chair to sit on. Jo and I will work on the children's table, since we have money now. Other team members will need to facilitate the setup, food, and selling. Joann Barfield will be our field representative to encourage others to be part of our Lodge. Please consider how you can help.
4. Please start "decluttering" your house so we can have lots to sell at our yard sale on May 31-June 1 at Cheri's house. If you can help us with that or a donation, that will be great! My 3 grands will help at the sale and the festival.

Make sure to check out our new "**Cultural Tidbits**" section in our Newsletter to learn something new. Everyone can contribute to this exciting new addition!

Thanks a bunch for all your help, love, and smiles!

Cheri Johnson, President

VICE PRESIDENT'S MESSAGE

HAPPY to spread the Good News, as reported in Cheri's President's Letter!

BUT, we also have our work cut out for us! The upcoming months are vitally important for us, as they are our greatest opportunities for, not only fundraising, but also publicity/membership recruitment. **Local Colors** provides visibility to our organization to the widest possible community of many thousands of people .. many of whom look forward to purchasing our wonderful Nordic baked goods .. and, hopefully, some will be interested in joining with us! Then, our **Yard Sale** will be your opportunity to turn your Trash into our Treasure .. the more you bring, the more we sell!!

Joann Barfield, Vice President

MINUTES - MARCH 23 MEETING

Snacks and Social Time started at 1:15 Thirteen members were present. Blafjell Lodge Meeting was called to order by President Cheri Johnson at 1:30.

Three anthems were sung, with piano music provided by Annmarie Drake. We also were taught a new Norwegian song titled See Norway's Flowering Vale.

OLD BUSINESS

Cheri stated that the D17 Lodge Financial Report was completed and sent . She also stated that a deposit for a bus tour and room was sent for the SON 2024 Convention which Cheri and JoAnn Stephens- Forrest will be attending. Caris Jonas sent around get well cards to be signed by members for Marie and Walter.

Cheri stated that articles for the Newsletter are due by April 13h and would like an article from each Cultural Director. Members were also asked to please read the Newsletter.

All corrections were made for the new officers listed in the SON 2024 Directory.

NEW BUSINESS

The February 24, 2024, Minutes were read by Becky Burnett.

A motion for approval given by Annmarie Drake and seconded by JoAnn Stephens Forrest. The motion was approved by all members.

Treasurer Report was given by JoAnn. The Worthy Cause Purse was passed around. Annmarie stated she is still working on our Web site.

Cheri presented information on Easter Customs in Norway. Photos and drawings were passed around

Children's Committee is making gnomes to be sold at our Local Colors booth. Aprons are being made by members to be worn at Local Colors, Yard Sale, and other areas of need.

CULTURE PROGRAM

No program this month, as presenter was ill.

Cheri was asked to be the 3rd District Cultural Director for SON. She will be installed at the 2024 Convention.

The 2021 Bylaws were read by Cheri, Joann Barfield, and JoAnn Stephens-Forrest, so our members would familiarize themselves with them.

Prayers and safe travels were extended. Meeting adjourned at 3:20.

Respectfully submitted,
Marilyn Barrier, Recording Secretary

MEMBER NEWS

APRIL BIRTHDAYS

Gail Atha .. 12 Karen Rice .. 13 Ellen Nygaard .. 15 Becky Burnett .. 18 Inga Solberg .. 26

THOUGHT FOR THE DAY

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have"

- Friedrich Koening

CULTURAL TIDBITS

Something old? Something new? Something shared? Something for YOU!

1. Did you know the term "Scandinavia" refers to Norway, Sweden, and Denmark? The new term "Nordic" refers to Norway, Sweden, Denmark, Finland, Iceland, Greenland, The Faroe Islands, and the Aland Islands in Finland.
2. We are the Bla Fjell Lodge in Salem, VA. We are part of Zone 7 which encompasses North Carolina, Virginia, South Carolina, and Georgia. Bill Bowning is our Director and lives in Roswell, Ga. We are among the 5 smallest lodges in 3rd District out of 36.
3. We are part of the 3rd District in the USA. It encompasses 36 lodges in 11 states. They are Connecticut, Florida, Georgia, Maine, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, South Carolina, and Virginia.
4. Familiar names in 3rd District are the President, Stephen Helmold. He sends a message every month, and we publish it in our newsletter every month. His wife is our 3rd District Secretary, Karen Olsen-Helmold. She sends a message every 2 months. They reside on Long Island, New York.
5. There are 7 districts in the USA and Canada. The 8th district is in Norway.
6. Norway is famous for its Stave Churches. A Stave Church is a Medieval wooden Christian building. There are 28 preserved Stave Churches in Norway today. The Borgund Stave Church is in Borgund, Laerdal, and is one of the most visited. The Heddal Stave Church in Notodden is the largest Stave Church in Norway, built around 1200 AD. It is presently in use and seats around 180 people. (Cheri's ancestors were married there and some are buried in the church graveyard.) (Joann and Hugh visited and worshipped at the Ringebu Stave Church in Gudbrandsdahlen, where Joann's grandfather was both baptized and confirmed, on their first visit to Norway in 1994.)
7. Waffle Day in Norway, Sweden, and Denmark is March 25th. 5 small heart shaped waffles can be made on a special iron. These are served warm with Lingonberry Jam and whipped cream.

** If you would like to contribute a TIDBIT you found interesting, send it to Joann Barfield for our next newsletter. Her e-mail is mjghbarfield@gmail.com

April 2024 Third District President's Message

Spring is finally here, and summer is around the corner. I hope everyone had a nice Easter. Many lodges will be having their 17th of Mai celebrations and getting ready for summer with their picnics and other activities. Our Third District Sports Director, Paul Korbekke, is trying to revive the **3D Sports Picnic**, which will be held at Nansen Lodge on Saturday, April 20th from 11 a.m. to 6 p.m.. It is not just sports! There will be lots of good food starting with brunch, going though lunch/dinner as well as Scandinavian music by Ellen Lindstrom and games for all ages to enjoy. This is a great way of getting together with family and friends and having an enjoyable and fun day. I hope you will make every attempt to join us for this great day.

Please keep in mind that the **Third District Convention** in **Herndon, Virginia**, is not far off either, and the convention committee (Washington Lodge) and the Third District Board are gearing up, not only for the business at the convention but for a very fun and interesting time. Karen and I are looking forward to seeing and meeting with all the delegates and guests that are attending, as this is the time to get acquainted with new Sons of Norway members and visit with friends from past conventions from other parts of the district.

Also, in July the district will be having **Youth Camp** and the New **Cultural/Sports Weekend**. If you have not registered your child or grandchild for youth camp please consider sending them. The Cultural/Sports weekend will be on the last 4 days of youth camp, and it looks like it should be a very fun and educational event, so please consider attending as a family, couple, or even a single. The camps will take place at Koinonia Camp in New York. The Board is working hard on setting-up a cultural camp in the southern part of the district for the summer of 2025, but we need people who want to attend to come forward and register early. There will be more information to follow on this.

One of the comments we get from lodge members is that there needs to be more fun and less business. The board is working hard to address that concern as you can see from the events listed above. But these events are only good if there are participants. **WE NEED YOU** to come out and have some fun.

Fraternally,
Stephen Helmold

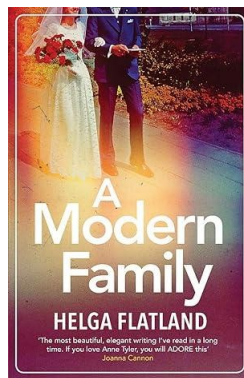
THIRD DISTRICT BOOK CLUB

Attached is the announcement, with the Zoom links, for our regular last Thursday of the month meetings on April 25, 7 PM EST.

Let me know if you have any questions. Bill Browning, Sons of Norway Book Club Coordinator, SonsofNorwayBookClub@gmail.com, 470-636-9686

*All books are available from Amazon or Barnes & Noble **

Main Selection:



A Modern Family
By Helga Flatland
Translated by Rosie Hedger

'A thoughtful and reflective novel about parents, siblings and the complex – and often challenging – ties that bind them'
Hannah Beckerman, Observer

Mystery Selection: **Ordeal**, (A William Wisting Mystery), By Jon Lier Horst, Translated by Anne Bruce

April 25, 2024, 7:00 - 9:00 p.m. Eastern Time
https://us06web.zoom.us/j/86481696514?pwd=QEAWq90ZNjkCHCe3ogAjsafQegVgx.1
Meeting ID: 864 8169 6514 - Passcode: 250735

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ATTENTION ALL MEMBERS: Be sure to read the VERY interesting articles in the recent issue of the Sons of Norway E-Post (for all who embrace Norwegian culture) including:
Norway’s most famous sculptor, **Gustav Vigeland**; in addition to the sculpture decoration of the **Nidaros Cathedral** in **Trondheim**, he is known for the iconic **Vigelandsanlegget** in **Frogner Park** in **Oslo**, featuring 212 bronze and granite sculptures, which symbolize every aspect of human life from birth to death. The Norwegian town of **Bodø** was named a **2024 European Capital of Culture** by the **European Union** (EU). How Norwegian architecture firm **Snøhetta** rose from humble beginnings to revolutionize contemporary ideas of architecture and design. In a remote area of Central Norway, there is a beautiful mountain range called Dovrefjell. Significant for its sacred symbolism in Norse mythology, the mountain range also harbors Norway’s 24th tallest mountain peak, Snøhetta; the internationally esteemed architecture firm, Snøhetta, chose to share its name.



APRIL 5, 2024



Issue #10

We hope you enjoy this brief look into recent developments in Norway and at the Norwegian Embassy in Washington, D.C. If you are not subscribed but would like to be, please add your contact information to our Google Form. We also recommend following our social media accounts (links above).

Norway Celebrates 75 Years of NATO

April 4 was the 75th anniversary of NATO – an important milestone for both Norway and the United States, which are two of its 12 founding members. NATO is the bedrock of our security, protecting democracy and freedom while upholding peace and stability across the Alliance.

Since the signing of the North Atlantic Treaty in 1949, NATO has grown to 32 countries, with Finland (2023) and Sweden (2024) as the two most recent. Norway welcomes its Nordic neighbors!

LINKS

Life in Norway <hello@lifeinnorway.net>

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

Third District Events: www.3dsofn.org/calendar

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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.northcarolnavikings.org. There is no Facebook site..

Southern Star Lodge 3-360 meets in Myrtle Beach, SC: Facebook://<http://scandinaviancelebrationmb/>

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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

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TRAVEL INFORMATION FOR NORDIC COUNTRIES : (for free travel information,)

www.visitdenmark.com

www.visitfinland.com

www.inspiredbyciceland.com

www.visitnorway.com

www.visitsweden.com