



North Carolina Vikings

April 2009

<http://www.northcarolinavikings.org>



Sons of Norway

Vol. 2, No. 1

NC Vikings Lodge 3-675

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President's Message

Greetings everyone! The Lodge continues to be very active. We just finished marching in Raleigh's St. Patrick's Day Parade (billed as the second largest in the southeastern United States) on March 21st and it certainly was fun seeing all the Irish families enjoying the event. I never realized how blessed we are in the Triangle area with all the young families who enjoy celebrating their heritage with their children. We marched in the parade with the Friends of Scandinavia to allow the local Irish men and women to cheer on their "Viking cousins" from the North.



If you were not at our March meeting you missed the installation of our lodge's officers. We were fortunate to have the SoN District 3 Vice President, Gail Ekloff, as the installing officer.

The ceremony was very nice and the swearing in of officers was a good reminder of our duties and associated expectations to help serve the Lodge and our members. I want to also thank our Marshalls Per Syvertsen and Chris Christiansen for their assistance with the ceremony. The food, as usual, was outstanding! Many thanks to the members for bringing in the food items for the ceremony.



The SoN District 3 team is creating a fantastic raffle for 2009. They have convinced the Hurtigruten group to donate two voyages (2 people on each voyage) to District 3 to use as the ultimate prize for some lucky people. The voyage will go from Bergen to Kirkenes. The tickets will be valid from October 1st 2009 through March 31st 2010 and the drawing will be held at in early September. I will be receiving more information about the raffle shortly and will distribute the information to y'all as soon as possible.

We are building outstanding calendar of events for 2009 and I am getting more and more excited about it as I work with the lodge's officers to plan these events. All the details will follow in this and other newsletters and will be posted on the lodge's web site (www.northcarolinavikings.org). Be sure to look for them and mark your personal calendars. BE SURE TO VOLUNTER WHEN YOU CAN AND PLEASE RSVP WHERE REQUIRED.

Don't miss the fun and fellowship that you can only find with fellow Scandinavians and Sons of Norway. See you at upcoming events!

Fraternally, *Mike Tilder*

Upcoming Lodge Meetings

Join us at the April and May Lodge meetings to learn about the celebration of spring holidays in Norway!

April 23rd, 2009: Easter in Norway



Easter is coming, and it is celebrated in many lands. Norwegians do it a little differently, and our cultural program on April 23rd will be "Easter Celebration In Norway". If you have ever been to Norway for Easter, maybe you would like to share your experience with us.

May 21st, 2009: Syttende Mai

Don Kloe will present a program on the Norwegian flag at our meeting in May. Very timely, since we will be celebrating the 17th of May. We are always very proud to wave our beautiful Norwegian flag that day!



Lodge meetings are held at Good Shepherd Lutheran Church (7000 Creedmoor Road, Raleigh NC) at 7:00 pm.

-Signe Marwede

Area Events

April 18th, 2009

Friends of Scandinavia Meeting
Speaker: Walter Jackson
"Reflections of My Year in Sweden"
7:15 pm, St. Giles Presbyterian Church, Raleigh

April 23rd, 2009

SofN North Carolina Vikings Lodge Meeting
7:00 pm, Good Shepherd Lutheran Church,
Raleigh

May 16th, 2009

Friends of Scandinavia Syttende Mai
Celebration
11:00 am, Ritter Park, Cary

May 21st 2009

SofN North Carolina Vikings Lodge Meeting
7:00 pm, Good Shepherd Lutheran Church,
Raleigh

Do you know of an area event that would interest our members? Please email Sandra (slvq15@gmail.com) so that it can be included in an upcoming newsletter!

The North Carolina Vikings Lodge is always eager to welcome new members!

Do you have friends, neighbors or relatives who are interested in exploring Norwegian heritage and culture? Please encourage them to join our lodge!

Benefits of membership include:

- Norwegian cultural heritage activities that enrich understanding and foster friendship – and are fun!
- Insurance options and related financial benefits.
- Humanitarian and other outreach opportunities to help others.
- Access to videos, CDs, and other materials for loan.
- The monthly *Viking* magazine – a wealth of information about Norwegian culture, food, and current events.
- Travel-related member discounts (Icelandair, hotels, car rentals and more!)

Visit the Sons of Norway website [<http://www.sofn.com>] for more information!

The Norwegian Primstav



image courtesy of <http://commons.wikimedia.org>

At the February 2009 lodge meeting, Signe Marwede presented the Norwegian *primstav*, or prime-stick. The following article is excerpted from the presentation Signe gave at the meeting. For the complete article, including detailed images of the *primstav* and a list of the holidays it depicts, visit the North Carolina Vikings website at <http://www.northcarolinavikings.org>.

“In the ancient time, when they did not have printed almanacs, neither did they have calendars. Frankly speaking, they used the *primstav*. In some places, from 1100 until far out into the 1700s.

They only counted two seasons in the year: winter-time and summer-time. This is how the *primstav* works. It has one winter side and one summer side. On each side of the stick, there are 26 hooks for the weeks, and between each hook for the weeks, 7 hooks for the days.

When Norway was christened (by law), we got 37 holy-days (holidays), plus the Sundays and the three festival-holidays Christmas, Easter and Whitsun (Pentecost: Jewish). One-fourth of the year was holy. It was very common that the people themselves kept the holidays in order, but still, the law said: ‘All priests are to make the sign of the cross

on each holy day in each parish where he has a mass.’

The farmers gradually learned how to keep their holy days in order. To remember these days, they made a calendar of wood, a stick. The Prime-stick. *Prima* (Latin) means “the best sort”. All the holy days were marked either with a hook or they made a ship. Endreas-mass were marked with a cross, etc., thereby we get the so-called “red-letter days”.

In Roaldkvam, for example, there is a *primstav*. That’s the only calendar or almanac of the sort which is left in Rogaland. Before, they used prime-sticks on every farm.

The Roald-stick (mentioned above) is made of birch tree, measures about 1 meter width by 4.5 cm by 2 cm. It is signed J.P.S., 1671 (whoever that was. .?).”

News FROM Norway

Norwegian scientists develop new method for CO2 cleaning
from *The Norway Post*, <http://www.norwaypost.no>
April 6th, 2009

Norwegian scientists have developed a new, better and cheaper method for CO2 cleaning.



Scientists at the University of Oslo and the Norwegian University for Science and Technology (NTNU) have turned the whole CO2 cleaning process upside down.

They have developed methods for removing 100 percent of the CO2 amount in natural gas even before the gas is burned.

The technology is still at an early stage, and there is much work left before it can be introduced in large scale at a power plant.

However, the company Protia believes they will be able to test the technology within 3 to 5 years.

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Scandinavia Slimming Secrets

excerpted from *Norway.com*, <http://www.norway.com>
April 1st, 2009

Traditional foods from the Nordic countries could be just as good as the famous Mediterranean diet. Scandinavians have long had one of the lowest obesity rates in Europe. And nutritionists now believe that the natural goodness of their local fare - foods such as low-fat dairy, cod, red meat, berries and rye bread - is their secret weapon. Add to this a culinary culture that favours smaller portions and an active lifestyle and it become clear why people from these countries have one of the longest life expectancies. In fact, according to 2006 figures, Scandinavians live longer than most other nations in the world - with the average man living to 79 years and the average woman making it to 83.

The Scandinavian style of eating is also important. They eat little and often, grazing on small portions of food throughout the day. For example, there's the famous Swedish smorgasbord. Because it's a social dish people pick at it slowly and often only eat until they're

full. This means that they tend to consume fewer calories and fat over the course of a day.

[A Few] Nordic Food Rules:

(1) Eat lean red meat, especially game. It's full of iron and provides long-lasting energy.

(2) Swap chicken for fish. White fish such as cod and haddock are low in fat and contain energy-providing B vitamins and minerals. And oily fish such as salmon and herring are rich in heart-healthy omega-3 fats.

(3) Swap normal bread for rye bread. Rye bread is packed with slow-digesting fibre and won't cause the sharp rises in blood sugar that create food cravings.

(4) Stock up on berries, especially blueberries. Numerous studies have found that berries, a Nordic staple, are packed with vitamins and antioxidants that help prevent disease and premature ageing.

Interesting Links



Sons of Norway Links

<http://www.sofn.com>

Sons of Norway Homepage – links to cultural information, language lessons, financial services, etc.

<http://www.3dsofn.org/home.html>

Sons of Norway District 3 Homepage – information relating to the happenings in the third district.

<http://sonsofnorwayblog.blogspot.com/>

Sons of Norway Blog – a blog updated frequently with Sons of Norway news and current events from Norway.

<http://www.northcarolinavikings.org/>

North Carolina Vikings Lodge – our lodge's homepage; lots of information related to lodge events, area happenings, genealogy, etc.

Online News

<http://www.norwaypost.no>

Norway Post – English-language Norwegian newspaper.

<http://www.norway.com>

Norway.com – Norwegian current events, culture, live webcams, etc.

General Information

<http://www.norway.org>

Norway.org – “the official site of Norway in the United States”

Genealogy

<http://www.ellisland.org/>

Ellis Island Foundation – online database for people arriving in the US via Ellis Island.

<http://digitalarkivet.uib.no/cgi-win/WebFront.exe?slag=vis&tekst=meldingar&spraak=e>

Digitalarkivet – online database of transcribed records and information for tracing ancestors in Norway.

Fun

<http://www.geocities.com/Tokyo/Pagoda/2724/pgrated.html>

Ole and Lena jokes – an independently-run site, but a long list of Ole and Lena Jokes.

<http://prairiehome.publicradio.org/>

A Prairie Home Companion – official site of the NPR show celebrating all things Minnesotan (and Scandinavian-American)

NEWS FROM NORWAY

The Royal Norwegian Embassy in Washington, DC, puts out a free quarterly publication called *News of Norway*. The issues have interesting and fun information about modern Norway. It also lists a calendar of events of things Norwegian taking place in the US and Canada.

News of Norway was founded in 1941 and reaches 37,000 subscribers in North America.

For a free subscription, write or call with your name and address, or send an email to subscriptions@norway.org.

-Kari Crenshaw

Ole and Sven

Sven & Ole were working for the city of Minneapolis. Sven would dig a hole - he would dig, dig, dig. Ole would come along and fill the hole - fill, fill, fill. Sven and Ole worked furiously; one digging a hole, the other filling it up again.

A man was watching from the sidewalk and couldn't believe how hard these men were working, but couldn't understand what they were doing. Finally he had to ask them.

He said to Sven the hole digger, "I appreciate how hard you work, but what are you doing? You dig a hole and your partner comes along behind you and fills it up again!"

Sven, hole digger replied, "Yeah, I suppose it does look funny, but Lars, the guy who plants the trees is sick today."

Do you have an article you'd like to have published in the newsletter? Or ideas for the kinds of information you'd like to see here? Please send your articles, announcements, links, or ideas to Sandra (slvq15@gmail.com). The deadline is the end of the month for inclusion in the next month's newsletter. Thanks!

From the District 3 President

Hei alle sammen!!

Today I am writing to you from Tampa, FL where it was in the high 80's yesterday, ahhhhhh, what more can I say! We had a nice leisurely drive down and have got the RV in position for the month. We are ready for the weekend regatta. It is looking to be a great weekend that the Gateway to Florida has put together.

We all know that increasing membership continues to be our top priority. District 3 had three members who were honored for their recruiting efforts in 2008. The number two recruiter in the entire order was Kent Larson from Gateway to Florida with 26 new members; Vennekresten had not one but two members honored (no wonder that they are growing), Erik Kind with 14 members and Nina Roswell with 11 members. We all send our congratulations to these members for their great effort. Thank you very much!

At our recent District Board meeting we reviewed the status of our goals. It is a little early to get a good handle on everything but almost half of the lodges have recruited at least one new member. We have started one new lodge and are working on a second, New Bern 3-682(11 members including 6 new SON members). So far several lodges have earned sports medals. No Cultural Medals have been reported as earned so far but several are in progress. The one goal that has not seen much progress is the goal of increasing the number of Lodges with Membership Committees to 70%. The Constitution requires 100%. We are currently at 30% so we have a long way to go. If 100% of our lodges have active Membership committees we will be taking care of our membership goals. We also decided to add one additional goal and that is to add 75 new Benefit Members. With the products we have to offer, especially the new Viking 26 policy, I think we can make this goal. The youth camp letters are on their way. We are hoping for a sold out camp this year. District 3 has some Campership money available and there are matching funds available from the SON Foundation. I know that some of the Lodges and Zones have camperships available so there is financial help available for the tuition. Our Youth Director has all the information available. We will have information about our Sports Medal and the Juvenile Cultural Medal available for the campers. Perhaps some of them will help your lodge meet their goals.

We have had some changes at the District Level Leadership level. Ken Fagerheim had to resign his

post as LOV Chair because of personal reasons. We were very fortunate that Rolf Ekloff has agreed to finish out Ken's tour. We want to thank Ken for his efforts and welcome Rolf on Board. Gene and Nalda Olson have accepted the position of the D3 Adopt a School coordinator. Please send them your Adopt a School information and for those Lodges who work with/in schools or other youth groups and have not informed the District that you have a program please let Gene and Nalda know so we can give your lodge the appropriate credit and take some for the District as well.

The District receives (\$6.50) from most adult member dues paid to International. This is our main source of income. It is not enough to meet all our financial requirements (Lodge visitations, Installations, District & International Conventions, New Lodge Starts, Administrative costs, etc). In order to balance the budget we need to hold fund raisers. This year we have a great fund raiser. The Hurtigruten group has donated two voyages (2 people on each voyage) to District 3. The voyage goes from Bergen to Kirkenes. The tickets are valid from 1 October 2009 through 31 March 2010 and the drawing will be held at LOV in early September. Kris Rasmussen and Rolf Ekloff are running the raffle for the District. The Local Lodge Presidents will be receiving more information about the raffle shortly. This will be a great deal for someone!. Buy often!!. Hurtigruten will be supplying the District with more information about their cruises and sales. Feel free to use this material in your newsletters and web sites.

I visited the 2010 convention site near Harrisburg, PA with the convention committee last week. It looks great. There are many interesting places close by so plan on coming early and stay later. More on this later; check the District Web site frequently.

Fraternally, *Ralph Peterson*