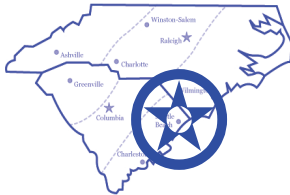


January, 2010



The Strand



Newsletter for members and friends of Sons of Norway *Southern Star Lodge #630.*
Lodge instituted April 23rd, 1994

SOUTHERN STAR LODGE OFFICERS

President Karen McIlrath	843-497-9905
V. President Gladys Hyland	843-357-9852
Treasurer Ron Halvorsen	843-399-2996
Secretary Karen Hovland	843-249-6489
Financial Sec. Edie Piazza	843-215-9979
Social Director Alice Vivian	843-651-5177
Marshall Eric Berg	843-293-4237

Newsletter editor: Dirk Hansen - ph: 843-844-2623
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 Mailing address: 271 Baxter Ln. Walterboro, SC 29488

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ALL MEETINGS HELD AT ST PHILIPS LUTHERAN CHURCH. 6200 HWY 17N MYRTLE BEACH UNLESS OTHERWISE NOTED

This month

January 10

New Board meeting 1:00 pm
 Business Meeting Installation of Officers 2:00 pm
 St Philips Lutheran Church

February 7

Super Bowl Party
 Pre-Game with snacks 4:30 pm
 Potluck 5:30 pm
 Kick-off 6:00 pm
 Karen McIlrath's house
 701 Jasmine Ave.
 MB, SC 29577

February 14

Business Meeting 2:00 pm
 Convention updates

March 13

St. Patrick's Day Parade NMB
 Lunch afterwards place TBA
 Potluck that evening in honor of visiting Charlotte lodge members
 Place and time TBA

March 14

Board meeting 1:00 pm
 Business meeting 2:00 pm
 St Philips Lutheran Church

March 20 – 22

Gateway to Florida Viking Boat Regatta, Jacksonville, FL
 Featuring St. Augustine, Viking boat races, dinner by celebrated Norwegian Chef Willie Hansen, and a performance by famed Norwegian pianist Knut Erik Jensen from Trondheim playing Edvard Grieg

April 11

Business meeting 2:00 pm
 St Philips Lutheran Church

April 17

Brookgreen Gardens time TBA

May 1

Potluck at Ocean Keys Club House Noon until

Pool table, big screen tv, outdoor pool available

May 15

Road trip to visit Norsk Carolina lodge in Charlotte and participate in their May 17th celebration, a picnic and parade

Fra Presidenten

This has certainly been a tremendous year for Southern Star Lodge! I am so proud of all the growth and "firsts" our lodge has accomplished this



year. We made excellent strides towards building an increasing presence within the Myrtle Beach area. Two major folk art exhibits, marching in the St Patrick's Day parade with Norsk Carolina lodge and our first Nordic Christmas Bazaar created excellent energy that has produced almost 20% growth in lodge membership! Tusen takk to every member who participated in these events. Our efforts have been well rewarded and produced an excellent starting point for our new board as they are initiated into office January 10, 2010.

As my term as president comes to an end, I must extend a heartfelt thanks to all our lodge members both near and far for the kind words and support you all have given me. I also must thank the SON members of other lodges, who receive our newsletter and have given me so much encouragement and positive comments. My terms as president of Southern Star Lodge has been a very good experience for me. I have appreciated the opportunity the lodge has given me to develop as a leader. I look forward to assisting the new board in my role as counselor as they determine the direction and new goals for our lodge.

This has been a great year for Southern Star and I know even better things lie on the horizon for our lodge as we all forge ahead together to carve out a bright future for all those who share a common interest in our Scandinavian heritage along the Grand Strand and surrounding area.

Fraternally,
Karen M.

donated to make the party a reality.

The Juletreffest was a wonderful combination of lodge members, St Philips church members and potential members. We had more food than we could ever possibly eat and it was all DELICIOUS! The Glogg was fabulous as usual and we are very lucky as we have just enough glogg remaining to have some to serve at our January 10, meeting. That will be a special treat! The Scarborough family provided the children for our St Lucia pageant, which started the whole affair off in grand style. We had raffles galore! Thank you to everyone who donated raffle items! Even Nisse made a special appearance to deliver presents to the 8 children attending the party thanks to Hank Ziliotto, who wore a delightful costume made by Betty. Gladys Kalreiss Hyland led us in singing and dancing around the Christmas tree. It was a beautiful Christmas celebration, certainly one of the nicest ones Southern Star has ever hosted! Again, thank you to the committee!

Fraternally,
Karen M.

Lodge Leadership Training January 9, 2010

1:00 PM

Hosted and led by Karen McIlrath
701 Jasmine Ave., Myrtle Beach, SC 29577

The focus of this training is to develop goals and direction for the lodge. All incoming board members should attend and all lodge members are encouraged to attend whether there is personal interest in leadership or not. This is the perfect opportunity to have a voice in how our lodge continues to grow and develop. Come help shape the future of our very own Southern Star Lodge!

Special Guest to Install NEW BOARD January 10, 2010 at 2:00 pm

Barbara Berntsen, Sons of Norway International director, is making a special trip to Myrtle Beach in our honor and will officiate at our new officer installation ceremony January 10. See you at St Philips Lutheran church at 2:00 pm!



Tusen Takk to the Juletreffest committee for the outstanding job they did organizing and orchestrating our recent Norwegian/Swedish Christmas celebration. Chair person, **Lois Christensen**, and committee members, **Nancy Blackwell**, **Karen Hovland**, and **Audrey McVean** all deserve a pat on the back and a huge round of applause for the time and energy they so generously

UPDATE REGARDING THE INCOMING BOARD

I regret to report to the lodge that newly elected lodge VP, Dianne Davis, has stepped down from this position. So the position of Vice President remains open for anyone who would be interested in joining our newly elected board. The Vice President is responsible for membership and forming a committee that focuses on recruiting the potential members attending our meetings as well as member retention. It would be very helpful to the lodge if someone would consider stepping forward for this position. I have developed a system for recruiting potential members and will provide training, assistance and support to anyone who would like to step forward and assist the lodge with these important duties. My first elected position 15 years ago was as lodge VP. I think it is actually an excellent way to join the board and learn more about SON.

On a brighter note, I am delighted to report that Dirk Hansen has volunteered to run in the position of lodge President. The lodge will vote on this nomination at our January 10, meeting prior to our officer installation ceremony. Dirk has generously offered to fulfill the role as president and editor; however, it would be preferable if a member would step forward as editor. It is a large responsibility to do both jobs at the same time and it is unfair of the lodge to expect Dirk to do this. Again, there is a computer program and a system set up for putting the lodge newsletter together. Any member locally or at a distance could do our monthly newsletter and there is plenty of support and assistance available to help someone get started as our new lodge editor.

If anyone has questions about being VP or editor, please feel free to contact me.

Fraternally,
Karen M.
kmcilrath@sc.rr.com
843-997-5250

Rosemaling CLASSES START JANUARY 15, 2010 9:30 am to 12 pm

Artist, Priscille Boisvert, a tole painter and knitter, has opened spots in her Friday morning tole painting class for rosemaling students. She will be teaching tole painting and rosemaling at the same time since the two art forms have so many similarities. **This is a fantastic opportunity for our lodge members and guest readers alike!**

Classes will be at the Osher Lifelong Learning Institute (OLLI), which is part of Coastal Carolina University (www.coastal.edu/olli) 843-349-4001 843-349-4030. This is located in a special building on Hwy 501 across from HGTC and Coastal Carolina University.

OLLI Free Week - Jan. 5 to 7, 2010

Come see our facilities, meet the instructors, enjoy free lectures and hear about some of the spring offerings.

Registration assistance, photo IDs and parking decals will also be available during orientation.

Conway at the Foundation Center Tuesday, Jan. 5

9 a.m. Semester Overview, Linda Ketron
9:30 a.m. Yoga at All Stages of Life, Donna Carr

10 a.m. Overview of Spring History Courses, Sam Syme
10:30 a.m. Creative Writing for Everyone, David Zinman
11 a.m. ♦Ripping♦ CDs, Kathleen Libbey
11:30 a.m. Overview of Computer Courses, Kathleen Libbey
Noon Introduction to the Passion Test, Celeste Perez

1 p.m. Tole Painting & Knitting Projects, Priscille Boisvert

1:30 p.m. Overview of Spring Art Classes, Frankie Kane
2 p.m. Card Crafting Basics, Linda Beyer
2:30 p.m. Introduction to Jazz, Lloyd Kaplan
3 p.m. Overview of Spring Lit Courses, Cliff Saunders
3 p.m. **New: Watercolor Painting, Vickie Scelfo**
3:30 p.m. Introduction to Memoir Writing, Jackie Boyce
4 p.m. Primitive Woolens, Gretchen Millwood

Come out January 5, at 1:00 pm to meet Priscille and see her art. Let's get a group together! Anyone interested call Karen M at 843-997-9905.

Karen Hovland	01/09
Ed & Alice Molokie	11/10
Lois Christensen	11/08
Carol & Paul Bakke	12/10
Dirk & Chrissa Hansen	11/10
Marge Duckles	10/10
Anne C. DeMuth	01/09
Inge & Tolleiv Borgetveit	01/14
Stan Goodman	01/08
Debby Jacoby	01/10
Louise Strand-Russell	01/10
Alice Strand Vivian	01/10
Jane Levi	01/09
Betty & Bernie Heavey	01/09
Elna Walstad	01/08
Karl & Irene Paulsen	02/10
Tom & Greta Torgersen	03/08
Allen Sivertsen	10/09
Karen and James McIlrath	01/09
Frank & Edie Piazza	04/10
Betty Ziliotto	04/09
Grace Bertell	05/10
Helen Timoney	09/09
Gladys Kalriess	09/08
Brit & Kaare Grosvold	10/09
Dag Church	10/08

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Please help support your lodge and this newsletter with your continued support

Lois Christensen reports on St. Lucia

A large group representing the Myrtle Beach Sons of Norway lodge 3-630 attended the St. Lucia Celebration in Wilmington Sunday December 13.

St. Lucia led the procession, followed by her court of bridesmaids, a star boy and a little Nisse. The musical program under the direction of Mrs. Westermarck (a violinist) and a guest violinist played the anthems of each Scandinavian country. St Lucia's court followed by singing a medley of Swedish Christmas carols in Swedish and in English.

A bountiful smorgasbord was enjoyed by 100 guest.

Members attending were, Nancy Blackwell, Karen Hovland, Lois Christensen, Bernie and Betty Heavey, Audrey McVean, Paul and Carol Bakke, Larry Lundberg and 6 guest.

A THANK YOU FROM LOIS CHRISTENSEN

I would like to send a BiG Thank You to the Jultrefest Committee, Nancy Blackwell for the St Lucia procession and story, and the table decorations, Audrey McVean for all her hard work in the Kitchen and her wonderful program designs, Karen McIlrath for her Nisse story and cultural table and the raffle table, Karen Hovland for all her work in calling everyone to organize the food. I would also like to Thank Edie and Gladys for decorating the tree and leading the sing a long and dancing around the tree, Alice for her awesome Glogg. Hank make a great Santa. And a big Thanks to James McIlrath for all his help in the kitchen, if it wasn't for him, we would still be doing dishes today!! And for all our wonderful members, their hard work and volunteering to help make this event a success. Lois

Letter from the editor

As we approach a new decade and the end of the terms of the current board of officers, I would personally like to give my thanks to all of the officers who have served our lodge over the last two years. In my opinion, as editor, you have all done an outstanding job. You have made it very easy and enjoyable to do my editorial duties as well. Most of all, a most heartfelt Tusen (I don't know the word for trillion) Takk to Karen McIlrath for taking the lodge on her shoulders and bringing us all to the very promising threshold of the new decade. The best part is, none of us is going anywhere! Experienced or inexperienced, the new board will have the library of all previous officers to refer to and seek guidance from. Well done and Happy New Year.— *Dirk*

TRIP TO NORWAY

Have you and your family thought about going and just couldn't commit?

Have you been a few times but not really seen what all is out there that you wanted to see? Are you really due for another trip and need the best value and a fun group of people to really make it worth your while?

WELL THIS IS IT! The Sons of Norway - Norsk Carolina Lodge is going to Norway July 26th through August 5th, 2010 and we need you along! Lock in for great rates and a great group of people! Not your average tour thing as we will have some special stuff lined up for you to really feel the country, be in the country and experience Norway like never before!

As you can see by the attachments, all of your transportation and most breakfasts/dinners are covered along with your accommodations! We're going to have many special things as well like several friends and family coming to pick small groups up to "take you home to their house for a real Norwegian Dinner" one night, like a private tour behind the scenes of a brand new 10 Million Dollar Soccer Stadium, like a boat trip out through the fjord to a lighthouse where you can see things along the coast from the water's perspective, a Whaling Museum, visiting a park with swimming, hiking, canoeing, fishing and even seeing some WW1 bunkers cut into the rocks along the banks of the fjord. So much more than your average "tour group" tour!

If you are not a member, sign up as you will get 3 fold the discounts to make it worth your wild. (Individual memberships are \$40 ANNUALLY and \$75 ANNUALLY for families.) If you need to start from a destination other than Charlotte and "meet up" with us in Oslo then it can be arranged. If you want to fly over earlier for a few days of excursion and then meet up with the group or add time afterwards for a different city or even country then it can also be arranged. You just need to think hard about getting your deposit in now and making it happen for July 2010. Final payments are not due until May 10th, 2010 so you can make payments towards your trip as well. The best spent tax refund ever!

Please call me if you have any questions or need any additional information. Lodge officers, I'd appreciate it if you will share this with your lodges as your members and families are welcome and we want to max out our trip for maximum savings for all! I can work with our planner for any special needs or requirements and it will not be a hassle as it might be on standard "tours".

See you in Norway! A trip of a lifetime and good memories traveling with Norsk Carolina friends and other SON members for a real and fun Norway experience! We have many family and friends in Norway looking forward to meeting you and greeting you specially!

Thanks! Takk!

Carol King

**President, Sons of Norway Norsk Carolina
Lodge 3-679**

Charlotte NC 704-674-2778

**Sons of Norway Norsk Carolina
Lodge
Norway Tour
July 26 - August 5, 2010**

Monday, July 26 **Depart Charlotte**
Depart on US Airways #1668 at 5:05 pm, arriving Philadelphia at 6:40 pm. Change planes and depart on US Airways #788 at 8:50 pm.

Tuesday, July 27 **Arrive Oslo**
B, D
Arrive Oslo at 10:50 am. Clear passport control, collect your luggage and pass through customs. You are met by your local Oslo city guide, and will board your private motor coach for a Welcome Tour of Norway's capital including the city center, Vigeland park and much more. The tour ends at your hotel. Check in, relax, afternoon free. Welcome dinner at hotel this evening. *Thon Bristol Hotel*

Wednesday, July 28 **Oslo**
B
Breakfast at the hotel. Day free for independent sight-seeing, shopping, etc. dinner on own. *Thon Bristol Hotel*

Thursday, July 29 **Oslo - Sandefjord**
B, D
Breakfast at the hotel. Private motor coach transfer to Sandefjord. Dinner at the hotel. *Rica Sandefjord Hotel*

Friday, July 30 -
Wednesday, August 4 **In and around Sandefjord**
B, (D-3)
Group and individual activities. One of the days will include an excursion to the Telemark Canal, including a canal cruise! *Rica Sandefjord Hotel*

Thursday, August 5 **Early transfer to Oslo Airport**
B
Depart by private motor coach this morning by approximately 7:00 am this morning, traveling directly to Oslo Airport. Check in for US Airways #789 departing at 1:00 pm, arriving Philadelphia at 3:45 pm. Pass through immigration and customs. Depart on US Airways flight #719 at 5:20 pm, arriving Charlotte at 7:14 pm.

Those tour participants who are interested in seeing more of Norway or traveling elsewhere can be dropped off in Oslo to take the train, rent cars, etc. Borton Overseas can assist with these arrangements.

Per person cost: \$2688.00
This includes the 5% Sons of Norway discount AND the 5% Early Booking Discount.
International air taxes are currently \$90 per person, and this is in addition to the cost above.

Per person cost includes:

- Roundtrip airfare Charlotte-Oslo-Charlotte, economy class on US Airways as specified. Schedule changes can occur at any time.
- Fuel surcharges on US Airways.
- Arrival transfer in Oslo by private motor coach with three hour orientation city tour with English-speaking guide, ending at hotel.
- Two nights accommodation in Oslo at Thon Bristol Hotel or similar.
- Two breakfasts and Welcome dinner at hotel in Oslo.
- Private coach transfer Oslo-Sandefjord-Oslo.
- Seven nights accommodation at Rica Hotel Sandefjord.
- Breakfast daily and 4 dinners at hotel in Sandefjord.
- Day trip on Telemark canal including motor coach transportation and canal cruise ticket.

5412 Lyndale Avenue South • Minneapolis MN 55419 USA •
Email: info@bortonoverseas.com
www.bortonoverseas.com ♦ Local: 612-822-4640 or Toll Free: 1-800-843-0602 ♦ Fax 612-822-4755

Peppes pizza is a Norwegian pizza chain. It was founded in 1970 and is the largest pizza restaurant chain in Scandinavia with over 2,500 employees. Represented from Hammerfest in the north to Kristiansand in the south.



Peppes Pizza is the market leader in the restaurant as well as the delivery segment, and has built a solid brand status through 35 years. Informal atmosphere, pleasant surroundings and a varied and tempting menu are the cornerstones of Peppes. Peppes Pizza sells over 4 million pizzas each year or 22,000 meals per day. Added succession corresponds to the distance from Oslo to Trondheim round trip. Added on top of each other will be a stack of over 50 km!

SONS OF NORWAY
61st Third District Convention
Harrisburg, Pennsylvania
June 9-13, 2010

It is time to start planning for our Third District Convention. Based on the size of our lodge, we can send three delegates. Delegates participate in the meetings and vote on behalf of our lodge. This is very important as the new district board will be elected at convention and new policies that will affect us will be discussed and voted upon. **It is the tradition of Southern Star Lodge to pay for the delegate package.**

How does one become a delegate? Let someone know you want to be one! A list of interested members will be compiled and the lodge will vote no later than our February 2010 meeting, thus electing the three members to represent our lodge at the convention. It is beneficial if we have more than three names as the lodge must also elect alternate delegates in case a delegate is unable to attend, which has happened.

Why would someone want to go to convention? First of all, if you are curious about all the "ins and outs" of Sons of Norway and what goes on "behind the scenes" convention is the best place to get the big picture on how it all comes together. You will definitely leave convention with a better understanding of what the organization is all about not to mention an increased desire to share SON and our fantastic heritage with others. Any SON member qualifies to be a delegate. You don't have to be of Norwegian descent.

What else happens at convention? FUN AND MORE FUN! There will be a beautiful folk art exhibit as well as a folk art contest featuring all types of crafts made by members during the past year. So if there are any needle artists, knitters, painters or carvers in our group, get busy! Make something to enter in the contests! Winning artists are awarded ribbons and recognition within the district. Our delegates can hand carry folk art entries to the convention and bring them safely back home.

But that's not all! There is plenty of time for socializing and making new friends. And of course, the event ends with a huge banquet on the last night complete with music and dancing.

Non-delegates are also welcome! Non-delegates can sit in on our meetings or enjoy the surrounding area. There are a great variety of activities around Harrisburg. More on that will be featured in upcoming newsletters.

The selected hotel is Holiday Inn

HARRISBURG (PA TPK EXIT 40A)

Rooms at the Holiday Inn may be booked at the special conference rate of

\$101.00 per night using this link: <http://www.ichotelsgroup.com/h/d/hi/1/>

[en/hotel/mdtcc](http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/mdtcc) . Use code SON.

GRATULERER MED DAGEN

January

Bob Reese	01/11
Nancy Romness	01/13
Janet Peterson	01/16
Greta Torgersen	01/18

**Southern Star Recognizes 2009 Forth
Quarter Service Anniversaries**

Stan Goodman	1-5	39 years
Anne DeMuth	1-9	17 years
Lois Christensen	1-9	5 years
James McIlrath	1-13	2 years
Dianne Davis	2-08	1 year
Cassandra Lewis	2-08	1 year
Paul Bakke	2-11	15 years
Allen Sivertsen	2-15	12 years
Alice Vivian	2-16	13 years
Reidun Turner	3-1	38 years
Gladys Hyland	3-3	10 years
Lori Glenn	3-5	2 years
Larry Lundberg	3-15	2 years
Irene Paulsen	3-17	9 years
Karl Paulsen	3-17	9 years

**Tusen Takk
for your support of Sons of Norway
and Southern Star Lodge.**

Karen, please give my congratulations to Southern Star on a most successful first Christmas Bazaar. I hope that this becomes an annual event. As I look around the District I can see that the bazaars are so important in raising funds, gaining new members and even more important, a chance for the lodge members to work together on a great project.

CONGRATULATIONS

Fraternally

Ralph Peterson
President
District Three
Sons of Norway

Convention Journal Ad

Bruce Frizen has generously offered to pay for our lodge to have a half page ad in the upcoming Third District Convention as long as he is mentioned in the ad. Heather and Karen McIlrath are working on designing the ad on behalf of the lodge and plan to submit it before December 31, to take advantage of the reduced rate.

JANUARY MESSAGE FROM DISTRICT 3 PRESIDENT RALPH PETERSON



Godt nytt år

I hope that you all had a great Christmas. For many of you it was a white one and I think that's the only time of the year when I can handle a bit of snow. I used up my quota for snow during my 21 years in ND, 10 in NJ and 4 in Norway.

November and December have been great months for **new members**, 102 so far. Gateway to Florida with Ken Larson leading the way picked up 18 new members and Nansen Lodge was right behind with 15 new members. I am writing this on 18 December so we have a few days left in December. Forty Seven of our lodges signed up at least one new member this year.

November was our web sites busiest month this year with over 97 visitors a day. We need more lodge pictures and lodge events posted on the site. <http://www.3dsofn.org/home.html> The information on the D3/Hurtigruten trip is now on our web site.

We will be instituting the New Bern NC lodge, Drammen 3-682 in February. Please check out the web site for the exact date and location. I hope that we can have a large crowd on hand for the event. While this is our 4th new lodge in a short period of time we should not slow down. If you are aware of any location that looks like it can support a new lodge please notify Vice President Ekloff.

January will see a lot of Lodge Office installations up and down the coast. I want to thank and congratulate all the new officers for taking on their new positions. I am sure that they will find it rewarding. For some it may be a bit intimidating to start. There are a lot of people that you can go to for guidance. There are past lodge officers, your Zone Director and the District Board to call on for help. There is a lot of written guidance available as well; the leadership manual (if you can't find one call supply at Headquarters and ask for one), your own bylaws, District bylaws, The SON Constitution, Roberts Rules of order and the SON web site which contains a multitude of information like available programs, Viking resource and your local lodge membership information.

This is also the month when Lodge of the Year forms are being filled out. I was disappointed last year when 20 lodges failed to submit their forms. There are at least 3 reasons why you should fill out the form. You might win. One lodge who did not fill out a form last year probably would have won the Family Lodge of the Year based on what I saw in their newsletters. Even if you have no chance of winning your members have worked all year and their efforts should be recognized. They can be recognized by achieving Gold, Silver or Bronze status. Finally, it is important for the Sons of Norway to be able to document all the activities our lodges participate in to ensure our non-profit status remains intact.

I want to thank all of you for what you did for the Sons of Norway last year and in past years. I am looking forward to working you again this year and I have great faith that we will have even greater

success in the years ahead.

Med vennlig hilsen

Ralph Peterson
President
District Three
Sons of Norway

JANUARY MESSAGE FROM DIS- TRICT 3 VICE-PRESIDENT GAIL EKLOFF

A New Year — The opportunity for all members, officers, and lodge to try NEW programs and events. Use the 3D website to advertise your lodge events and meeting. Publish your events in the local paper or local TV. Outreach to the neighborhood; let them know that Sons of Norway is involved in the community. (With all the budget cuts, this might be the time you could get into an Adopt-A-School program).

Get ready for the Convention — Prepare resolutions to present. Review the Bylaws, the Charter and Constitution. See if there is a way to clarify an issue that is important in the running of Sons of Norway — as a whole, the District or your Lodge.

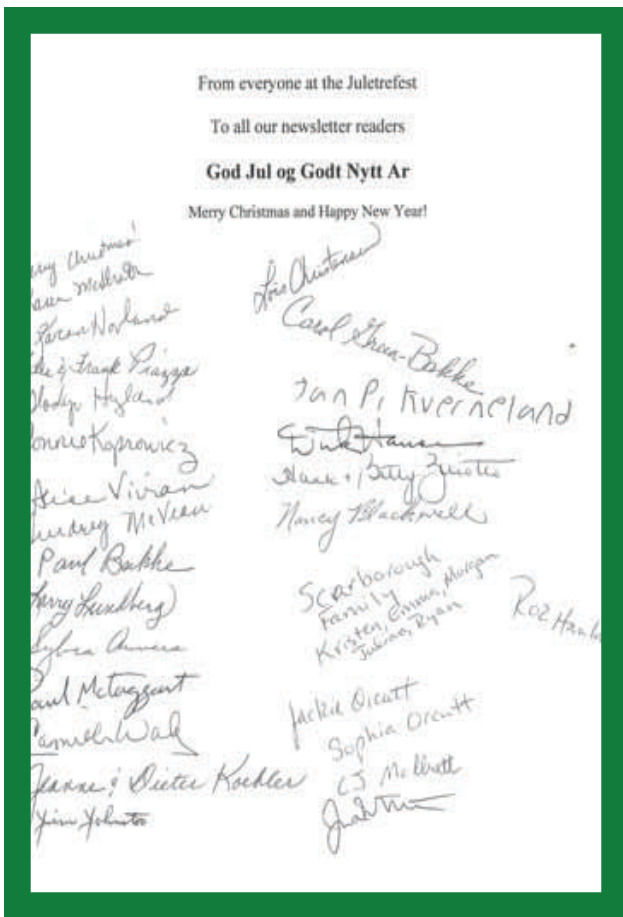
Be a delegate to the Convention — Time to think about it. While there is Convention business to attend to, there is also the opportunity to get to know other lodge members throughout the District and exchange information on ways to enrich your lodge's cultural programs. Attending the breakout sessions is informative and beneficial for you and your fellow lodge members. This is the time for you to voice your thoughts and let the leaders of the organization know your ideas and thoughts on the future of the Sons of Norway. Hope you want to attend and represent your lodge at the Convention.

Remember: 2 A's - Ask & Advertise - to get a member.

2 M's - Mentor and Mingle - to keep a member.

Alt for denne gangen,

Gail



SOUTHERN STAR JULETREFEST 2009



Tole painting is the folk art of decorative painting on tin and wooden utensils, objects and furniture. Typical metal objects include utensils, coffee pots, and similar household items. Wooden objects include tables, chairs, and chests, including hope chests, toyboxes and jewelry boxes.

The practice began in 18th century New England, and was also extensively carried on among German immigrants in Pennsylvania. A separate, related tradition occurs among Scandinavian countries and immigrants, including Norwegians, Danes and Swedes. German tole painting may concentrate more on metal and tin objects, while Scandinavian may concentrate more on wooden objects and furniture.

Patterns in the two traditions vary slightly as well.

Modern tole painting typically uses inexpensive, long-lasting and sturdy acrylic paints. Good quality wooden work is sealed, primed and sanded before the decorative paint is applied.

The most beloved family objects tend to be high quality utensils or furniture, painted freehand with favorite patterns, colors or flowers, humorous themes, family in-jokes, or illustrations of favorite or family stories. The perceived value of a tolled utensil increases with its quality as a utensil, the quality of the art, and the personalization, the story, of the work.

An advantage of tole painting as a craft is that a bad painting can be sanded off and repainted. One of the signs of such repaintings is a black-backgrounded tole-painted object. Very often such objects are repainted, especially if the furniture or utensil is valuable and the painter is inexperienced.

Danish Public Behavior and Standards

Denmark is highly organized as a "communal" society. Public behavior is expected to follow socially acceptable norms. Although these social norms are unwritten, they are known and understood by all Danes.

- Danes believe there is one proper way in which to act in any given circumstance.
- If someone is not following the rules, be they written or merely understood, someone will generally speak up and admonish them to obey the accepted protocol.
- They expect courteous behavior from everyone.
- Talk in moderate tones and do not do anything to call attention to yourself. Calling attention to yourself may be considered rude, self-centered, or simply incorrect behavior. It is never considered to be acceptable.
- If your child is misbehaving, do not be surprised if a Dane disciplines the child directly. Danes expect that the "adult" in the room is responsible for any children.

NORWEGIAN AMERICAN HALL OF FAME



**STEIN
ERIKSEN**



Stein Eriksen (born 11 December 1927) is a former alpine ski racer and Olympic gold medalist.

He was born in Oslo.

Eriksen won the gold medal in the Giant Slalom event at the 1952 Winter Olympics, which were held in Oslo, Norway. He also won a silver medal in the slalom race. Eriksen was the first skier from outside the Alps to win an Olympic men's alpine gold medal. He also won three gold medals at the 1954 World Championships in Åre, Sweden, and a bronze medal at the 1950 World Championships in Aspen, Colorado.



Some of his other accomplishments include the fact that he is credited with devising "aerials", a freestyle skiing event, and he helped revolutionize the world of alpine skiing, especially in America, where he has served as a ski instructor at many different ski schools. For his Olympic medals, Eriksen earned the Holmenkollen medal in 1952 (Shared with Torbjørn Falanger, Heikki Hasu, and Nils Karlsson).

It is said that Eriksen was skiing's "first superstar", since he was handsome, stylish, and charismatic. Despite his fame, he maintained a very down-to-Earth personality. For example, he is quoted as saying, "Be tough, be confident. But you will never be a whole and happy person if you aren't humble". Stein's father, Marius Eriksen competed in the 1912 Olympic Games as a gymnast. His brother, Marius Eriksen, Jr., was an alpine skier and during World War II became a fighter ace in the Royal Norwegian Air Force.

Shortly after his success in the 1952 Olympics, Eriksen went to America and has lived there ever since. He worked as an instructor and as a director at various ski schools across the country. He is currently director of skiing at the Deer Valley Resort in Utah, and also serves as host of the *Stein Eriksen Lodge*, a ski lodge in Deer Valley, Utah (the Lodge was named in honor of Eriksen, but is not owned by him). Stein is married to Françoise and has five children, Ava, Stein Jr., Julianna, Anja and Bjorn. He currently calls both Utah and Montana home.

In 1997, Eriksen was honored by the King of Norway by being awarded the highest honor that the Norwegian government can give to people living outside Norway.

On 15 December 2007, Stein Eriksen celebrated his 80th

birthday (which is actually on the 11th) with friends at an "by invitation only" black tie dinner at the lodge with his namesake: Stein Eriksen Lodge. At this event was unveiled a full-size bronze statue to immortalize the legend - which now resides next to the Olympic torch in the center of the quadrangle at the entrance of the Stein Eriksen Lodge in Park City, Utah.

In 1997, Eriksen was pronounced Knight First Class by His Majesty the King of Norway. The honor, given to a select number of foreign nationals and Norwegian nationals who permanently reside outside of Norway, recognizes outstanding service in the interests of Norway. Stein's contribution to the world of sport and his commitment to the people of his homeland earned him the Royal Order of Merit.

Eriksen attributes his inimitable skiing style to his father, Marius, who competed in the gymnastics competition at the 1912 Olympic Summer Games in Norway. During his youth, Stein also trained in gymnastics, gaining flexibility and agility which proved valuable for skiing. In fact, Stein learned to ski at the same time he learned to walk! The Eriksen family, including Stein's father, his mother, Birgit, and brother Marius Jr., put Norway on the alpine skiing map. Prior to the "Eriksen generation," Norway was primarily a Nordic skiing country. The family's involvement and success in the Alpine skiing world made Norway, and the world, take notice.

Eriksen currently calls both Utah and Montana home. He spends the off-season playing tennis, archery hunting, fly fishing and participating in any other sport that strikes his fancy. He and his wife, Françoise, have one child, Bjorn. Stein has three additional children from a previous marriage: Julianne, Stein Jr. and Ava.

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NORWAY TRAVEL

THE WORLD'S BEST ROAD TRIP AND ONE OF NORWAY'S MOST DISTINCTIVE TOWNS

The Atlantic Road is ranked as the world's best road trip by the British newspaper "The Guardian". The Norwegian people have voted the road "Construction of the Century". The road zigzags across bridges and skerries, bringing you right out into the Atlantic Ocean.

Charming and bustling Kristiansund is one of the most distinctive towns in Norway. Beautifully located on four islands far out in the sea, Kristiansund offers a spectacular harbour, an intimate, colorful and festive town perfect for day visitors. The region is full of contrasts, with deep fjords, steep mountains, lovely villages and vibrant island communities - easily within reach from Kristiansund.

Three islands form the historic dried-cod capital of Norway, Kristiansund, and the town is connected by bridges and a lively harbor. You should not leave Kristiansund without tasting "bacalao" at one of the restaurants. A boat trip to the fishing village of Grip, amid an archipelago of 80 islets and skerries, makes a wonderful excursion. Grip is dotted with brightly painted timber houses, and the stave church from the 15th century and the lighthouse built in 1888, are worthwhile. It was the abundance of fish in the sea surrounding these islands that lured the first inhabitants to Grip. There are no permanent residents now, but in the summer many fishers dock in the harbor. Simple accommodation is also available. A stay in poor weather on this low-lying islet can be a powerful experience.



DENMARK TRAVEL

On Riberhus Slotsbanke (Riberhus castle hill) a statue of the popular Queen Dagmar beholds the city of Ribe. Queen Dagmar is one of the most important characters associated with Riberhus Castle and she is also one of the most loved Queens who ever lived in Denmark.

Margaret Dragomir of Bohemia was the daughter of the Bohemian king, Premysl Ottokar I, and Adela of Meissen. In 1205, she was shipped to Ribe in great splendour to be married to the Danish King Valdemar the Victorious. In Denmark she was given the name Dagmar.

In 1209 she gave birth to a son, Valdemar den Unge (Valdemar the Young). In 1212, seven years after her arrival in Denmark, she died, and was buried in St. Bendts Church in Ringsted on Zealand.

The Legend of Queen Dagmar

The rest of what we know about Queen Dagmar comes from legends, myths and 5 different ballads. Dagmar is described as very popular and beautiful, and she is said to have done many good deeds for the Danes.

It was said about her that:

"She came without burden, she came with peace; She came the good peasant to cheer"

The best known ballad is "Dronning Dagmar ligger i Ribe syg" ("Queen Dagmar lies ill in Ribe"). The Danes still sing it and the bells of Ribe Cathedral chime it at noon and at 3 p.m. every day. The ballad tells the tale of Dagmar's sickbed and King Valdemar's wild ride along with 100 men all the way from the city of Skanderborg 120 kilometres away before he reached the dying queen at Riberhus. When he arrived in Ribe, he was alone – the men could not keep up with him.

"When the king rode out of Skanderborg Him followed a hundred men."

"But when he rode over Ribe Bridge, The king was riding alone"

When King Valdemar arrived Queen Dagmar was already dead, but woke up and asked three things of the King: To free all prisoners and release all outlaws of their bonds; not to marry Princess Berengaria (Bengerd) of Portugal; and lastly, to make sure that their youngest son Knud was made King of Denmark.

King Valdemar freed the prisoners, but two years later he married Berengaria, the daughter of King Sancho I of Portugal.



Viking Roads and Bridges

The Vikings did build roads to facilitate transport by land. The Army Road (Hærvejen) which runs the length of Jutland in modern day Denmark is the best-preserved example. It follows the highest ground, and it comes closest to the concept of a "main road" or a highway today, even though most of the road was merely a trail without a surface.

A surface would have been put down on the Army Road only on the most difficult parts of the trail, such as wet boggy land. The surface would have been made of wood and consisted only of brushwood and branches spread out to form a stable surface. In some other cases the surface would have been built of closely laid logs and sometimes even with well-worked timbers.

Viking Age travellers in Scandinavia had to cope with the numerous rivers and streams which flow through the landscape. Until the end of the Viking Age it appears as though the main method of crossing these waterways was by fording your way across. Some places would have causeways. Free-standing bridges do not seem to have been built before the late Viking Age.

The one major exception to this rule is the 1950's discovery of the Raving Enge Bridge. The bridge was discovered near the town of Raving, Denmark approximately 10 kilometers south of Jelling which was a very important royal center in the Viking World. The bridge was built around 980, and it truly is an impressive architectural achievement for the Vikings. It was about 750 meters long, 5.5 meters wide and had the ability to bear a weight of 5-6 tons. The Raving Enge Bridge crossed the Vejle River Valley.

More than 1000 supporting oak posts were used, and undreamed amounts of timber went to the bridge's structure. This was certainly not a typical Viking Age bridge, and the sheer quantities of timber and personnel which would have been used in making it suggests that it was built with a specific purpose in mind. The king Harald Bluetooth (Harald Blåtand) is believed to be the responsible for the bridge. The bridge would have facilitated his access to the royal center of Jelling, but it would also have made a statement about his power and wealth. Today there is a small part of the bridge that has been reconstructed about 1 km from Raving.

Other bridges are known from the 11th century in Sweden. They are usually marked with runic stone which tell us why the bridge was built. Most often it was a landowner who wished to increase his local reputation. These "bridges" would be called causeways today. Causeways are raised pathways made of stone, sand and gravel. Causeways allow people a dry passage over streams and pools of water.

An odd occurrence is that the number of these bridges increased enormously after Christianity was introduced towards the end of the Viking Age. The reason for this is unknown. It is possible that the organized Christian institutions were in some way involved in building bridges to facilitate their need for rapid communication between priests and other congregations. It is also possible that archaeologists simply haven't found very many of the very old bridges which were built prior to the introduction of Christianity to Scandinavia.

IN THE NEWS

Healthcare is on everyone's mind these days and it is important to remember that all citizens must participate in their own well-being. In order to facilitate your personal care from your physician we have provided a useful glossary for all Norwegian Americans to better communicate their individual medical needs.

Thanks Edie Piazza. I feel better already

Norwegian Medical Terminology

Artery — The study of paintings
 Barium — What you do when CPR fails
 Cesarean Section — A district in Rome
 Colic — A sheep dog
 Coma — A punctuation mark
 Congenital — Friendly
 Dilate — To live long
 Fester — Quicker
 G.I. Series — Baseball games between teams
 of soldiers
 Grippe — A suit case
 Hangnail — A coat hook
 Medical Staff — A doctor's cane
 Morbid — A higher offer
 Nitrate — Lower than the day rate
 Node — Was aware of
 Outpatient — A person who has fainted
 Post-operative — A letter carrier
 Protein — In favor of young people
 Secretion — Hiding anything
 Serology — Study of English Knighthood
 Tablet — A small table
 Tumor — An extra pair
 Urine — Opposite of you're out
 Varicose Veins — Veins which are very close
 together

Bequist's Imports — Cloquet, MN

Royal Marriage announced in Sweden

The Royal Court of Sweden announced that Crown Princess Victoria will marry Daniel Westling on 19 June 2010 in Storkyrkan, the Stockholm Cathedral. This means that King Carl XVI Gustaf and Queen Silvia's eldest child will be married exactly 34 years after them, in exactly the same place.

For the first time since 1976 when Prince Bertil married Lilian and a new Princess was created, Sweden will get a new member of the Royal Family - His Royal Highness Prince Daniel, Duke of Västergötland. It will be the first time ever that a commoner man marries the female heir apparent and is granted a royal title. The date, 19 June, has been frequent in speculations on which date the couple would choose, especially since it is the same day that Victoria's parents married in the same church. Also other Swedish royals have married on this same day, among them King Oskar I who married Duchess Josefina of Leuchtenberg on 19 June 1823 and King Karl XV who married Princess Lovisa of The Netherlands on 19 June 1850.



VALHALLA



Of Valhalla, the Icelandic Snorri Sturluson gives us the most vivid detail in his *Prose Edda*.

Valhalla, or "Hall of the Heroes", was the best-known hall in Asgard, which was another residency belonging to Odin, or Val-father ("Father of the Slain") as he was known in this hall. It was where the dead warriors, known as Einherjar (Einheriar), resided in a hall, and wait for the arrival of Ragnarök. The Einherjar would fight alongside the Aesir at Ragnarok.

When the bravest warriors were killed in battle or combat, they were brought to Valhalla by group of women warriors known as the Valkyries, which was translated as "Chooser of the Slain", and they were known as "Battle-maidens" and "Shield-maidens". The Valkyries were sometimes were known as "*Swan-Maidens*", because their garments were made of swan feathers, which allowed them to fly. The Valkyries served Odin, by going through battlefield, choosing slain warriors who would be suited to fight in Ragnarök (Ragnarok) and therefore they have a place in Valhalla.

While the Valkyries are in Valhalla, they were known as Mead-Maidens, because they responsible for serving mead to Odin and the Einherjar along the long tables at Valhalla. The mead come from the goat Heidrun that feed from the foliage of branches of tree, called Lerad. Each day, the goat's udder would fill the vat with mead. Andhrimnir, the cook of Valhalla, prepared the meal for the Einherjar. Andhrimnir cooked the wild boar, called Sæhrimnir, in a great cooking pot, *Eldhrimnir*. The meat of Sæhrimnir always rejuvenated the warriors at night. Each day Sæhrimnir was cooked before it was served, but by morning of the next day, the wild boar was whole, to be cooked again.

Odin usually dined with his warriors, but he never eats any meat placed before him. Odin would give his meat to the two wolves, Geri and Freki, that rest at his feet. Odin only drank wine with the dead warriors.

Snorri explained that while the Einherjar wait for Ragnarok, they fought each other in a sort of mock battle during the day, but at night they enjoy a great feast, before resting in their bed. In the morning, the Einherjar woke to the crowing of a cock called Salgofnir, which was perched on the rooftop of Valhalla.

Snorri wrote that Valhalla had overlapping shields for a roof, held up by the spear-shafts as rafters. There were 540 doors. And from each of the door, eight hundred warriors could enter or leave the hall. Instead of torch-fires, the light in the great hall were litted by the glowing blades of swords. Mail shirts were strewn on the benches. In front of the western doors, there hanged a wolf. Hovering above Valhalla was a single eagle. There was also a tree standing in front of the doors of Valhalla;

the tree was called Glasir, because of the red-gold foliage.

Another hall that the fallen warriors resided in was called Vingolf, which means either "wine-hall" or "friend-hall", but this may be the hall for righteous men to live, and not just for the Einherjar. Another name for Vingolf is Gimle, and it was a Norse version of the Elysian Fields or the Blessed Isle. Snorri said Vingolf or Gimle was the fairest of place, located on the southernmost end of heaven. Snorri also mentioned other heavens. Also to the south, but above Vingolf was Andlang. The third heaven, called Vidblain, was above the two previous heavens.

Only half of the slain warriors (*Einherjar*) in battle were given to Odin. Freyja had the honour of receiving the other half, where the *Einherjar* resided with her in *Folkvang* ("Field of Folk"), her hall within her palace *Fólkvangar* (Folkvangar). The other hall she resided in was called *Sessrumnir*. The handmaiden named Fulla attended Freyja (most writers say that Fulla was Frigg's attendant).



This is the motto that Carl Jacobsen put in a conspicuous place in the brew-house of the New Carlsberg brewery.

It was the dominant principle of his life:

"Let us work for our country."



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