

March, 2010

This month

March 13

St. Patrick's Day Parade NMB
Lunch afterwards at Ryan's of
North Myrtle Beach*

3607 South Kings Hwy.

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 19-20

Gateway to Florida Viking Boat Re-
gatta, St Augustine, FL

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 un-
til**

**Pool table, big screen tv, outdoor pool avail-
able**

May 15

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

**Thanks to Alice Vivian for making the ar-
rangements for the lunch after the parade.*

*Lunch will be at the Ryans meeting room at
approx 11:00 am*

AND

*Thanks to Paul McTaggart for making all the
parade arrangements.*

GREAT JOB GUYS!




The Strand



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

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Innhold:

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Fra Rådgiver

Report of the Drammen Lodge Institution



The event was a smashing success! There were 70 people in attendance! Just over 50 of these were charter members for Drammen. In just one year's time Drammen President, Artie Ellisen, surpassed the 40 member minimum required to apply for a lodge charter. And he did it by going through his local phone book calling people one at a time asking if they are Norwegian. Well all his hard work paid off and the lodge is off to a fantastic start!

The guests at the event came from all over the Third District. Lodges represented were, Washington DC, Gateway to Florida, Maine Nordmenn, Norsk Carolina, North Carolina Vikings of Raleigh, Southern Star, Hampton Rhodes of Norfolk, Va, and New York....not sure which lodges.

It was quite an experience to witness the lodge institution with so many people accepting membership into the organization all at the same time. It was the same ceremony we follow within our own lodge for new member initiations as well as new officer installation. Imagine trying to make the Fraternal Chain around 50 people!

Our gift of the engraved gavel with engraved gift box was well received. Drammen sends their heartfelt thanks and appreciates our lodge accepting the role as their sponsor.

Fraternally,
Karen M.

March meeting.

The bazaar does not have to be an exact duplicate of our first event. A lot was learned with our first event. I would be willing to work with the committee to provide guidance and assistance to streamline and simplify the event. It really comes down to whether or not the lodge wants to do this.

I would like to remind the lodge members of all the free media Southern Star Lodge received before, during, and after the event from the Sun News, The Myrtle Beach Herald, The Carolina Forest Chronicle and WMBF TV. It was excellent exposure for our lodge.

Fraternally,
Karen M.

Norsk Carolina Update

Carol King, President of Norsk Carolina, tells me she is coming to Myrtle Beach with 10 lodge Norsk Carolina Update

members to march with us in the St Patrick's Day Parade. As of the moment they are still undecided upon accommodations. They will join us for lunch at Ryan's following the parade as well as for the lodge's potluck dinner being hosted by Ann and Eric Berg. Eric's address is 1048 Starcreek Circle, Myrtle Beach 29588. His phone number is 843-293-4237. The potluck will begin at 5:30 pm.

From the 17 Bypass (southbound) make a right on 707/Socastee Blvd. From the 17 Bypass (Northbound) make a left on 707/Socastee Blvd. Follow 707 approximately 2 miles, turn right onto Bridgecreek Drive (just past Socastee Station). Go to stop sign make a left and quick right and continue on Bridgecreek Drive. Turn left onto Shem Creek Circle, go around bend and continue straight onto Star Creek Circle. We are the first house on the right after the woods. See you on the 13th, Eric

Update regarding the Bazaar

The discussion regarding holding our second bazaar will continue at our March meeting. Carol Green of Wilmington has offered to assist with the vendor committee. Thank you, Carol! To make the bazaar a success, I would suggest a committee of 4 to 5 people and the planning needs to begin ASAP. So the decision to have or not have the bazaar needs to be made at our

DISTRICT 3 CONVENTION AUCTION

Lodges donate items to be auctioned on Friday nite of the convention. It is lots of fun. I have donated 2 items from our lodge, but if anyone else would like to donate a small basket of items or something hand made that would be great. I will be at the meeting in March and you can bring it then or call me at 357-9852 to arrange for pick up. Thanks Gladys Hyland

Lodge Bylaw Change Suggested and Open for Discussion Regarding Membership Application Process

The current bylaw we follow comes from the Constitution of Local Lodges and states:

Persons who desire to become members of a local lodge and are recommended by one or more members of Sons of Norway shall make application in writing on forms provided for that purpose. Said forms shall become valid applications when signed by one or more of the recommending members, or submitted to the Financial Secretary or Membership Secretary. Names and addresses of all new members shall be forwarded to field staff personnel. (Adopted 8/86. Effective 8/88.)

Simply stated, this means people requesting membership must fill out a Sons of Norway application form and provide payment. Once this is received, the form is signed by a lodge officer and the recommending lodge member (may be the same person) and forwarded to Head Quarters in Minneapolis to be processed. The person becomes a lodge member once the application is processed in Minneapolis.

The Issue with the Current Bylaw

Since this bylaw was written, there have been many advances made in the area of technology, specifically regarding computers and the internet. Currently, when a prospective member finds our lodge on the internet and inquires about membership, an e-mail is generated by the home office to the lodge President and Vice President with the persons name and contact information requesting follow up on our end. This requires phone calls and e-mails to acquire permission to send an application and to send a newsletter via e-mail. This delays the person joining our lodge and they can lose interest during the delay.

For 2009, only two people continued the membership process after I made contact, which took about 3 months in each case. In my opinion, we are losing the opportunity for membership growth as there were several more inquiries that never completed the process.

I recommend a new lodge bylaw that would allow people to join our lodge immediately upon completion of an application form and payment of International and lodge dues.

I am working with Head Quarters to determine the precise wording of such a bylaw and will present this at our February 14, meeting for discussion. This information along with the new bylaw under consideration will be printed in our March newsletter as well.

The final discussion on this matter will occur at our March 14, meeting at which time this will be followed by a vote of the membership present that day. By our constitution, eight members are considered a quorum for voting purposes.

Fraternally,
Karen McIlrath
Lodge Counselor

NEWS OF ELNA WALSTAD FROM HER DAUGHTER

Elna is doing well now....in Nov she fell and broke her wrist, so it took some time to heal.

She is now living at the Lakes at Litchfield. This more convenient for us.

Maybe when she feels stronger I can bring her to a meeting.

Thanks for asking and take care.

Daune

GRATULERER MED DAGEN March

Diane Grossmann	03/01
Linda Klimashaukas	03/03
Berit Gunn	03/13
Karl Paulsen	03/14
Tolleiv Bogetveit	03/19
Grace Bertell	03/31

VELKOMMEN TO OUR NEW MEMBERS

***Kim Elizabeth Andersson
&
Rolf Erik Andersson
of Conway, SC
Patricia Valentine White
of Longs, SC***

CALLING ALL VIKINGS

The Vikings are coming for St Patrick's Day! That's us in case you didn't know it and it's time to get ready to descend upon North Myrtle Beach. Dirk Hansen will bring our Viking long boat back to Myrtle Beach on Saturday, March 6, to assemble it. We are looking for helpers to join the work party.

We will meet at 1:00 pm on Saturday, March 6, behind the office of James McIlrath, which is located on 29th ave, N. across the road from Broadway at the Beach. If you are heading north on bypass 17 turn right on 29th ave. N. If you are heading south on bypass 17, turn left on 29th ave N. Next turn left at the sign reading 1000-1004 29th ave. Follow the road to the back and you will be behind James's office. Any questions, call Karen M. at 843-997-5250.

**Sons of Norway, Southern Star Lodge
February 14, 2010**

Minutes of Meeting:

The meeting was held in the Choir room at St. Phillips Lutheran Church, Myrtle Beach, SC.

Eric Berg, filling in for President Dirk Hansen, called the meeting to order at 2:10 p.m.

Officers present in addition to Eric (Greeter Foreperson), were Karen McIlrath (Counselor), Nancy Blackwell (Financial Secretary), Karen Hovland (Cultural Director), Lois Christensen (Publicity Director), James McIlrath (Sports and Recreation Director), Carol Bakke (Assistant Greeter), Gladys Kalriess Hyland (Editor in Waiting), and Alice Vivian (secretary). Visitors were Emilia Moseley from PA. It was good to see member Allan Sivertsen with his son, Ethan, from Lake City. In all, I believe we had 16 members attending.

The Schedule for the next few months was reviewed.

1. The Drammen Lodge institution is scheduled for Feb. 20 in New Bern, NC. Representing our Lodge as sponsors will be Karen and James McIlrath, Edie and Frank Piazza, and Gladys and Tom Hyland. The Inauguration gift, a gavel with box (donated by Barbara Berntsen), with inscription by Southern Star Lodge, was on hand for viewing. Members signed a card of congratulation.
2. The Gateway to Florida Viking Boat Regatta at St. Augustine on March 19-20 will be attended by Lois and Tom Christensen, and Judy Nielsen.
3. St. Patrick's Day Parade:
 - a) Assembly of the boat is scheduled for March 6 at 1 p.m. near James McIlrath's office.
 - b) The parade itself will take place on March 13. Paul McTaggart has filed the entry papers for Sons of Norway.
 - c) Lunch after the parade, after a vote with the options being Supreme Pizza in Little River and Ryans's in North Myrtle Beach, will be at Ryan's with the vote being a close one.
 - d) Later in the day (5 p.m.) a Pot Luck will be held at Eric Berg's house (1048 Star Creek Circle) in Socastee.

Unfinished Business:

- a) The second reading of the proposed change to the By-laws was completed. This will allow immediate joining with application and payment, without the necessity to go through International. One more reading is required to complete the change.
- b) The 3rd District Convention is set for June 9-13. Currently attendees are expected to be Gladys Hyland and Debby Jacoby, with Dirk Hansen possibly going if no other member steps forward. Vote will be taken at the March 14 meeting. Gladys has a couple of items for the Viking auction.

New Business:

- a) We have had a request for a transfer of 2 members from the Norsk Carolina Lodge in Charlotte, NC. A letter has been received from President Carol King advising us to refuse the request. Karen McIlrath will talk this over with 3rd Dist. President Ralph Peterson to see how we might best handle the situation.
- b) Membership dues have been raised.
- c) The possibility of having the Bazaar again this year was discussed. Karen M. and Dianne Davis organized it last year. Karen M. stated that more participation of members in planning would be required. Vendors need to be contacted. It is suggested that the event be held earlier in the fall, either the last weekend of September or the first weekend of October. Also, vendors could be set up along the Business 17 side of the church instead of the lane at the back. The dates would have to be confirmed with the church, and the location of vendors would require a Zoning request. Nancy B suggested that we don't have the membership and the financial backing for such an event. Gladys inquired as to whether we had added any new members as a result of the event (one has now applied). The cake sale in February had resulted in 2 new members. Advertising for that was over \$400. Financial outcome of the two events was not available at the meeting. In any case, a decision as to whether we will attempt the Bazaar this year will be made at the March meeting.
- d) Another idea to attract members and publicize our Lodge is to have a Dance. Paul McTaggart, who is a dance instructor, will work on this. It was generally accepted as being an excellent possibility for having fun as well. Lois Christensen, Edie Piazza, and Audrey McVean signed on as committee members.
- e) Karen reminded us that we need to come up with some suggestions for programs at the Monthly meetings. Perhaps some ideas will come out of the questionnaire which was circulated. Karen Hovland should be contacted with any ideas.
- f) Regarding Cultural Programs, Karen M. and Audrey McVean are taking Rosmaling classes at CCU. Joann Jernigan is willing to help with Hardangersom. Dirk is thinking of going for the Baking category. James will see if dancing qualifies as a sport. Walking is always a possibility (and very cheap!).

Good of the Order:

- a) Gladys stated that she had sent off 5 pounds of Stamps for Tubfrim in the last year. She reminded us that certain stamps (pre-sorted, bulk mail e.g.) do not qualify, and that stamps should be trimmed appropriately.
- b) Gladys also suggested that we could get income from advertisers in our Newsletter.
- c) Edie Piazza noted that she was putting out a sign-up sheet for members to indicate that they will bring a cake to a meeting.
- d) Lois suggested that we could still have open-faced sandwiches some time this season.

Adjournment: Eric Berg adjourned the meeting. Karen M., as Counselor, said 'May Peace and Harmony prevail throughout the Lodge'.

The assemblage then retired to the Fellowship Hall for refreshments.

Respectfully submitted,
Alice Vivian, Secretary

THE VIKINGS ARE LANDING at the St Patrick's Day parade in North Myrtle Beach on Saturday March 13, 2010. Start making your plans TODAY to be part of the parade. We need strong people to carry the flags and our lodge banner. We need bunads, Norwegian sweaters and Viking costumes.

Viking costumes are easy to make. Anne and Eric Berg (843-293-4237) or Lois Christensen (843-399-8869) can give pointers and help you put a costume together. Lois actually found someone locally to make her costume.

We don't have information yet regarding our exact location in the parade. That info won't be ready until the day before we march. So, park in the Lowes parking lot. A lodge member will be posted at the entrance to Lowes with our number for the line up and will be able to direct you to our float. The float will arrive by 7:30 am. The parade starts at 9:00 am. Marchers must be in place before 8:30 am so allow ample time to park and locate our group if you plan to walk with us.

When we finish marching, the float will go back to the Lowes parking lot to immediately lower the mast. Karen will need a strong Viking to help with this. Please volunteer.

GREAT NEWS FROM NANCY BLACKWELL

HI SON MEMBERS AND FRIENDS, I AM SO EXCITED TO SHARE THE WONDERFUL NEWS! I AM GOING TO BE A GREAT GRANDMOTHER. ONLY BEST OF ALL - WE ARE EXPECTING TWINS (A BOY AND A GIRL). MY OLDEST CHILD MIKE WILL BE A GRANDFATHER, MY OLDEST GRANDCHILD, RUSSELL WILL BE THE FATHER AND I WILL BE HURRAY A GREAT GRANDMOTHER. DUE MAY 6RH BUT THE BIRTH WILL BE C SECTION THREE WEEKS EARLIER. RUSS AND STACI LIVE NEAR CHARLOTTE, NC - WHICH MEANS I CAN VISIT THEM FREQUENTLY AND I PLAN TO BE THERE FOR THE BIRTHING. LOOK AT WHAT I STARTED. LOVE TO ALL, NANCY BLACKWELL (DA SWEDE)

MESSAGE FROM CAROL KING -NORSK CAROLINA LODGE

You are just so cool! Thank you so much for your inclusions and acknowledgments of our Norsk Lodge and activities but also for other SON

lodes too that you have shared news on. Your Lodge is a great example

for us in lasting, sharing and caring! We look forward to seeing many of you in New Bern, for your parade in March and for Syttende Mai celebration in Charlotte! Please note that if any of your members want

to travel with us to Norway in July we can help with over night accommodations before the lift off from Charlotte and it is a very special trip that is a real deal! Again, your leadership, transfer of officers, your direction and enthusiasm is very inspiring for Norsk Carolina as we are so new! Please also put November 6th on your calendar as this is SCANFEST for Charlotte. Norway is the feature country and we are hoping to have the Norwegian Ambassador come in or another representative and are working with the Norwegian Embassy as well as the Charlotte Mayors office to accomplish this, displays on Hydro, Solar, and Natural Gas that is green/collaborations with American/Norwegian companies and technologies and Ancestry/Genealogy!

We are working with Hydrostat in Norway, Piedmont Natural Gas and Duke Energy to also have exhibits sponsored for "Green" as well as general sponsorship.

For Ancestry/Genealogy we are working with a person with Mecklenburg County that interacts with High Schools and Arts and Murals. We are going to create 6 or 8 panels that different schools and students will do that show IMMIGRATION from Norway to the US and then on to the Carolinas. Picture STARS at locations in Norway that relatives are from with lines or strings to where they came to the US and settled, New York, Seattle, Michigan, North Dakota, etc, and then now that relation is at Southern Star, Raleigh Vikings, Norsk Carolina, New Bern so that we can display all the ties! I need each of your lodge members to send me their ties! Where in Norway are their roots, where did they come to in the US and now they are where! This will be a very impressive display of real Immigration and Ancestry so I need your help to get the data for the students to put into their mural!

I am so looking forward to our parade march and fellowship with your lodge in March. I have many different members that are already committing and want to join in the fun! I suggest that we both print "business cards" with our websites or contact information on them to pass out to the crowds as we march. We should also plan to shout several simple Norwegian phrases to the groups to learn along the way..... this went really well last year even though it wasn't "planned"! Let's get a list going of a few phrases.

Again, I am very inspired by you and appreciate the leadership and help for our SON Lodge from you and for us all!

Takk

Carol

President, Norsk Carolina Lodge 3-679 www.norskcarolina.org
704-674-2778

Government surveyors came to Ole's farm in the fall and asked if they could do some surveying. Ole agreed and Lena even served them a nice meal at noon time. The next spring, the two surveyors stopped by and told Ole, "Because you were so kind to us, we wanted to give you this bad news in person instead of by letter. Ole replied, "What's the bad news? The surveyors stated, "Well, after our work we discovered your farm is not in Minnesota, but is actually in South Dakota!"

Ole looked at Lena and said, "That's the best news I have heard in a long time, why I just told Lena this morning, I don't think I can take another winter in Minnesota." *submitted by Paul and Carol Bakke*

MARCH MESSAGE FROM DISTRICT 3 PRESIDENT RALPH PETERSON



Well I guess that we have all tasted a bit of winter this year. Some of us (read the DC area) probably tasted a bit more. But then again we are **VIKINGS**. Having said that, even many Vikings looked to the South which is a practice still carried on here in the USA. It is a practice I will continue this March as AnneGrete and I make our annual pilgrimage to Florida. We will be there for the St. Augustine regatta.

If you haven't voted on your convention delegates I hope it's on your agenda for your next meeting. Our District Convention is one of our most important events of our two year cycle. We do have business to conduct and your lodge needs to have their voice heard and counted. In addition to the business, there will be great fraternal events and even some educational events so please make sure your lodge is represented. Perhaps the biggest event will be to meet old friends and make new ones. There is information about the convention on our blog and the web site and more is coming.

February 20th will see the 4th new lodge in District 3 that has been instituted in the past 4 years. In addition to New Bern, there is a new lodge starting in Estero, FL. They already have over 40 members without holding an organizational meeting and they are on line to be instituted in March of this year. These new lodges are something that District 3 can be very proud of. Let's keep the pattern going.

The number of daily visitors to our web site continues to grow. Since November we have had monthly daily averages of 97.7, 92.1, 134.2 and in mid February we are over 154. Many of you are visiting the new blog and the convention news. The "What's the Buzz" section also gets a lot of traffic and that is the section where you will find the latest District and LOV news. Thanks to all of you who are contributing information and posting to the site. We are a bit late in publishing our District goals for 2010 but here they are:

- Reduce the number of members leaving voluntary by 10% (845 to 760),
- Increase the number of benefit members by 75,
- Increase convention attendance by 5% (134-141) and
- Increase the number of local lodge membership commitments to 55 % (17-27).

We can do it!!

For a couple of years our District 3 membership has been below 8,000. The new lodge in Estero just brought in over 40 new members to the District and pushed us back close to the 8,000 mark. I am told they have about 10 more applications ready to go. With those 10 and help from you we can get back over the 8,000 mark.

Let's make this a big membership month and get back over the 8,000 number!!!!!!!

Fraternally

Ralph Peterson
President
District Three
Sons of Norway

MARCH MESSAGE FROM DISTRICT 3 VICE- PRESIDENT GAIL EKLOFF

March Membership Madness is here ----I can't wait to see how many lodges participated in this membership drive.

What was your lodge's program about and how many members did you get? Hope the ideas and pictures are posted on the 3D website for all the District lodges to see how creative every lodge can be. It will be interesting to see the Membership Activity Report for SON for the month on March.

An excellent resource to show off our Scandinavian lifestyle is Land of the Vikings (LOV) and your support is a vital key to its continued success. I hope all the lodges get to visit the facility in Sherman, PA. Supporters of LOV have seen many changes take place during its first 30+ years. We are concentrating on making it the "Cultural Center" for the Third District. Our hope for the future is to have it represent all that is "good and noble" in the Sons of Norway. Like to see what the place looks like? Visit the 3D website and click on to the LOV link. Be sure and check out the calendar of events.

Another way to get involved with the SON is the Annual Convention. All lodges should have elected their delegates for the convention and forwarded the names and resolutions to Sister Marci Larson so she can start putting together the Resolution Book. June will be here before you know it! Be nice to see if we have more lodges represented than at the 2008 convention... Brother Ralph will keep me informed of this, he loves to do statistics.

Also, in March, our Irish friends celebrate Saint Patrick's Day—a culture intertwined with Norway. The largest find of Viking ships were uncovered in Ireland! And after all, we did give you your national dish—Lutefisk!!! Erin go braugh!!!

**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

NEWS FROM TENNESSEE

I am writing for my parents, Tolly and Inge Bogetveit, who were founding members of the Southern Star Lodge. They are living here in the Chattanooga area and doing fairly well. Dad is going to be 85 yrs old in March, and mom is approaching 80.

They enjoy receiving the newsletter, and plan to remain as "member" from afar. She received the survey, and wasn't sure what to do! It surely seems you are becoming an active lodge. I know they really enjoyed their years in Surfside, and attending the Lodge meetings and gatherings. Please send their best to all!

I'd be more than happy to receive any email notices on their behalf, regarding the lodge and your activities. They do not have a computer. With any luck, we can co ordinate our next visit to the area to include a lodge meeting!

Thanks again!

Anne Marie Stone

NORWEGIAN AMERICAN HALL OF FAME



**HELGA
ESTBY**



Helga Estby (May 30, 1860 - April 20, 1942) was a Norwegian-American immigrant most noted for her walk across the United States during 1896.

Helga was born in Christiania, Norway. Helga traveled from Norway with her mother, arriving in Manistee, Michigan during 1871. In 1876, she married Ole Estby, an immigrant from Grue, Hedmark, Norway. They started their new life together initially homesteading a land patent in Yellow Medicine County near Canby, Minnesota. The family subsequently relocated and settled on a farm in Mica Creek, Spokane County, Washington.

Since the financial Panic of 1893 and her husband's accidents, the family could not pay the mortgage or taxes on their home and farmland. Together with Clara, her 19-year-old daughter, Helga tried to save her family farm by walking 3,500 miles across country to New York City in an effort to win a \$10,000 prize. On Christmas Eve, 1896, the New York World reported their arrival in New York City. On arrival in New York, the sponsor of the contest refused to pay, saying the women had missed their deadline. Helga managed to return to her farm only to find that two of her children had died of diphtheria in her absence.

After the Estby family lost their home in Mica Creek, Ole Estby began a construction business in Spokane, Washington. Helga was considered a deserter of her family and was shunned by much of the local Norwegian-American community. Helga went on to become a suffragist and wrote down her story later in her life. Her notes were destroyed, but her story was carried on through oral tradition through her family and through newspaper clippings saved by her daughter-in-law.

For Helga Estby, a 36-year-old Norwegian immigrant, wife and mother of eight children, 1896 was a very tough year. The economy in eastern Washington had soured. Jobs evaporated, businesses closed and families struggled to survive. Her husband was out of work, and their 160-acre farm outside Spokane was on the verge of foreclosure. Sometime during these difficult months, Helga learned that a "wealthy woman" in New York or "eastern parties" were willing to pay her and her teenage daughter Clara \$10,000 if they would cross America on foot, unescorted, and complete the journey within seven months. The pair accepted the challenge and set out on May 5, 1896, armed with little more than \$5, a revolver, red-pepper spray and a curling iron for Clara's hair. Their 3,500-mile trek is the subject of a fascinating book, "[Bold Spirit: Helga Estby's Forgotten Walk Across America](#)," by Linda Lawrence Hunt. The mysterious "eastern parties" never paid up, and the women, short on cash, were stranded in New York for the winter.



Multiple Sclerosis

Our Viking Inheritance

RESEARCHERS working on the island of Sicily recently discovered that Enna has an unexpectedly high and rising incidence of MS. This, in the warm wine/oil-growing region of the Mediterranean where the incidence of MS is supposedly lower than in northern Europe. It was Dr. Roy L. Swank, MD Ph.D in his book based on years of study, research and experience with MS patients who noticed that it was the beer-drinking, bread-eating people of northern Europe who were more susceptible to the disease and he suggested the problem was possibly due to their wheat-based diet. **But is there another reason?**

The *comun* of Enna, located in the center of Sicily, has a population of 29,070. Twenty years after an initial survey carried-out here, a follow-up study was performed. The prevalence of MS was 120.2 per 100,000 population a high prevalence of MS, second only to Sardinia in the Mediterranean area.

It was in Enna, during the course of the Islamic conquest of Sicily (July 15, 827 to 1091), the city was taken by Muslim troops following a long siege. Following the taking of the city the arabs massacred 8,000 inhabitants in the name of Islam. In 1038 that The Varangian Guard took part in the partial reconquest of Sicily from the Arabs led by a Greek, George Maniakes. Here, they fought alongside Normans (Norsemen) recently arrived in Italy and Lombards from Byzantine-held *Apulia*. (A prominent member of the Varangian Guard at this time was Harald Hardrada (1015-1066), However, when Maniakes ostracised the Lombards by publicly humiliating their leader, Arduin, the Lombards deserted and the Normans and Varangians followed

According to the Viking Hypothesis the global distribution of certain northern-European genes which appear to be present in cases of MS may be attributed to a time of Viking expansion around 800AD when the population of Scandinavia increased rapidly. Thousands left their homeland to search for new land to feed their families, bringing their language, traditions and genetic material along with them.

The development of the Viking ship with its many features made this expansion possible. The flexible clinker-built, lapstrake hull; its long, straight keel and steering oar; the square-rigged sail which could also be trimmed fore-and-aft to sail into the wind; its double bank of oars; the Viking longship was superior to all other vessels of the period. The Vikings' trading routes from Scandinavia reached down the Danube and Dnieper rivers to the Black Sea and the Caspian Sea, onwards towards Constantinople (839AD), around the Iberian peninsula into the Mediterranean sea to Sicily and across the Atlantic as far as Greenland and Newfoundland.

These areas include many places where the incidence of MS is higher than average including Iceland, Norway, Sweden, Denmark, the Faeroe the Orkney islands, the Shetland Islands, Scotland and northern Ireland. Later distribution of Viking genes to other regions such as the USA, Canada, and Australia - can be attributed in a large part to Scottish emigrants moving into these areas during the 18th and 19th centuries.



Jörmungandr & Fenrir



During my tenure as editor of the Strand, I have enjoyed presenting to you information, sagas and insights into the characters associated with Norse Mythology. In fact, it has been my favorite part about being editor. This is my final installment as Gladys Hyland will be taking over. I more or less wrapped things up last month with "Ragnarok" If I have learned anything from my research it is that Loki is a pain in the neck and we should all keep our fingernail trimmed. This month, just a little on two of the creatures who would ultimately prove to be the nemesis' of the gods.

The **World Serpent**. The Midgard Serpent, called Jörmungandr (Jormungandr) or Jörmungandr, was an offspring of Loki and the frost giantess Angerboda. Jörmungandr symbolised evil.

Not only could Jörmungandr kill its victim by crushing constriction, the Midgard Serpent's venom was lethal even against the gods. Jörmungandr was Thor's most deadly enemy. To confine the ever-growing serpent, Odin had Jörmungandr thrown into the sea. But, Jörmungandr grew so large that his entire body completely encircled the world. Thor failed to kill Jörmungandr, the first time the two met. Thor had hooked Jörmungandr like a fish. The thunder-god tried to smash Jörmungandr's head in with the Mjollnir, Thor's magic hammer. But the frightened frost-giant Hymir cut off Thor's line, allowing the Midgard Serpent to escape. See Fishing Expedition in Of Thor and Giants.

At Ragnarok, Jörmungandr escaped his underwater confinement. Thor managed to kill the evil serpent with the Mjollnir; but Thor succumbed to the deadly venom from Jörmungandr.

Giant wolf. **Fenrir** was also the offspring of Loki and the frost giantess Angerboda. Fenrir was also called Fenris. Snorri Sturluson had also given Fenrir another name, Vanargandr. Fenrir grew so rapidly and in such gigantic proportion that the gods feared it. The gods would pretend to play game of binding the wolf, to see if it could free itself. Fenrir agreed to play the game if someone would place his or her hand in Fenrir's giant mouth. Only the war-god Tyr was fearless enough to place his hand in its mouth.

The gods found nothing could bind the wolf, until they received a magical silk ribbon called Gleipnir, created by dwarfs. This ribbon was made of *noise of a cat, beard of woman, breath of a fish and spittle of a bird*. When Fenrir could not escape, he realized he was tricked by the gods, when they refused to release him. In revenge, Fenrir bit off Tyr's hand. Thereafter, Tyr was known as the *One-handed God*. When Ragnarok (Ragnarok) arrived, Fenrir broke free from his fetter, and joined the other giants and monsters in a war against the gods. Fenrir fought against Odin, until the wolf killed and devoured Odin. Vidar avenged his father's death, by ripping Fenrir's jaw apart with his bare hands.



Viking Skis - Sledges - Skates - Horses - Land Travel

It is well known that Vikings were extensive travellers who made great use of the natural waterways. Vikings were masters at using the rivers, lakes and oceans to keep in contact or to trade with communities over vast distances in the known world.

What is not as well known is that Vikings would also travel by land when necessary. It appears as though Vikings preferred to travel by land in the winter, especially in the northern areas where the wet and marshy grounds would be frozen. There have been many sledges, skis and skates found from the Viking Age.

Viking Sledges

Several different types of sledges are known. The simplest and lightest was a ski-sledge which was quite simply a light body mounted on skis. The ski-sledge would be pulled by hand, and was likely used to transport furs from animals caught in the Northern regions of Finland, Sweden and Norway. A known heavy type of sledge would have been pulled by horse or oxen. The horse or oxen's hooves would have been fit with crampons for better grip on the slippery surfaces. This heavy Viking sledge would have been used to transport much heavier items. An example of these sturdy sledges has been found in graves from the Gokstad ship.

Viking Skis

As early as the Bronze Age, skis were in use in northern Scandinavia. At least 100 copies of all the prehistoric periods are known from Finland alone. 30 of these are from the Viking Age. They are generally made of pine and seem to be up to 2 meters long. Pine was chosen because natural tree resin lubricates the underside of the skis allowing them to slide more easily on snow.

Viking Skates

The majority of Viking skates were made of the foot bones of horses, cows or elk. However, a pair of copper bladed skates dating from the year 200AD has been found in Finland. Skates were flat on each side and tied to foot. The user wouldn't be skating as we know it today; instead they would be used as very short skis. The skater got momentum by pushing themselves over the ice with one or two iron tipped sticks.

At other times of the year, most people traveled on foot or on horseback. Travel by horseback was generally something which was reserved for the wealthy during the Viking Age. Viking roads were built primarily for military purposes.

Fra Dirk

This is my last installment as editor of *The Strand*. It has been my pleasure to serve the lodge in the capacity of editor for the past few years. I hope all of our membership will continue to support Gladys Hyland, our new editor, in the same manner you supported me.

With that said, the most helpful thing you can do for Gladys is to send her items to include in the newsletter.

Anything and everything is welcome. Sunshine news, items on history, culture, family background, personal travel or just a good laugh would make Gladys' job a lot easier.

I am back from my trip to the Jorvik Viking Festival in York, England and am ready to focus on Southern Star as your president. I will be going over all the completed surveys that were sent out to see what directions our membership want to go in the next 2 years.

I have not seen the surveys yet but I sincerely hope a significant number of you took the time to complete and mail them. I will be contacting several of you over the coming weeks to serve your lodge in various capacities so keep an open mind and a spirit of volunteerism.

Lets also continue to foster a strong relationship with our good friends in Charlotte and New Bern.

Thanks to Eric Berg for running the show while I was gone in February and also to Paul McTaggart and Alice Vivian for their efforts toward the upcoming St Pat's parade.

Also, a pat on the back to the entire membership for recruitment so far in 2010. I count 4 new members this year alone and its only early march. Fraternaly, DH