



North Carolina Vikings

March 2010

<http://www.northcarolinavikings.org>



Sons of Norway

Vol. 4, No. 1

NC Vikings Lodge 3-675

President's Message

The February meeting saw the installation of the 2010 lodge officers. My sincere thanks to the out-going officers, Signe Marwede, Michael Brown and Pat Tilder, for all the work that they did for the lodge over the last year. Please thank them whenever you see them. I would also like to thank Marci Larson, District 3 Secretary, for travelling to Raleigh from Jacksonville, FL to host the officers' installation. I would also like to thank Signe Marwede for presenting a bio on the man who was "behind" two of Norway's famous composers/writers – Ole Bull (see the article on Ole Bull in this newsletter).

Norm Miller and I attended the Drammen Lodge Institution in New Bern on Feb. 20th. The event was a smashing success! There were 70 people in attendance! In just one year's time Drammen President, Artie Ellisen, surpassed the 40 member minimum required to apply for a lodge charter - 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! Guests at the event came from all over the Third District. Lodges represented were, Washington DC, Gateway to Florida, Maine Nordmenn, Norsk Carolina, Southern Star, Hampton Rhodes and New York (not sure which lodges).

The Norwegian class, led by Signe Marwede, has begun and is already challenging the students – I know because I am one of those students who find the Norwegian vowels a challenge to my mouth, tongue and ears. The students are enjoying the class and the homework that, of course, is part of the curriculum.

Please plan to attend March's meeting and enjoy our version of March Madness - Norwegian Movie Madness (popcorn will be provided!!!). The feature movie will be Sweet Land - winner of the Audience Award for Best Narrative Feature at the 2005 Hamptons International Film Festival, Sweet Land is a poignant and lyrical celebration of land, love, and the American immigrant experience.

Please share your commitment and presence at these meetings as you are what make the North Carolina Vikings Lodge! Never forget to promote the Sons of Norway membership to friends and associates. Involvement in the lodge will certainly be worthwhile for you and your families, but it is truly all about what "we make of it for us and each other".

Takk!

Mike Tilder
President
North Carolina Vikings Lodge 3-675

Upcoming Vikings Lodge Programs and Events

Please join us as we celebrate the culture of Norway and meet with others who share an interest in all things Norwegian. Meetings are held on the third Thursday of the month. A coffee social follows each meeting, so please bring a small snack to share!

March 18th – Lodge meeting with March Norwegian Movie Madness featuring the movie Sweet Land.

April 15th – Norwegian wood carving traditions.

May 15th – Syttende Mai celebration with Friends of Scandinavia.

May 20th - Lodge meeting with genealogy topic followed by genealogy workshop on the weekend.

June 17th – Lodge meeting “hosted” by our Norwegian language students.

June 19th - Friends of Scandinavia’s Midsommer celebration.

Upcoming Area Events

Trip to Norway with Charlotte’s Norsk Carolina Lodge
July 26th-August 5th, 2010

Our sister lodge in Charlotte has a few places left for the trip of a lifetime to Oslo and Sandefjord, Norway. The 10-day trip, including transportation, all accommodations, many meals, an excursion to the Telemark Canal, a boat trip to a lighthouse, and much more, costs \$2700. For more information, contact Charlotte lodge president Carol King at 704-674-2778.

5th Annual Golf Tournament at Land of the Vikings
April 30th – May 2nd, 2010

Spend the weekend playing in the LOV Open! The Land of the Vikings is usually fully booked for this event so get your reservations in early. To secure your place in the tournament, the green fee of \$65.00 must be received by April 10th. Call Bev or Rick at 570-461-3500 (vikingland@tds.net) for more details.

Lodge Officers 2010-2011

President

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Cultural Director

Open – looking for someone to fill this position

Social Director

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Membership Secretary

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Gratulerer Med Dagen!

March Birthdays

Frank Bell	3/02	Ted Schmidt	3/11	Sandra Gaudier	3/20
Laura Wiik	3/04	Sandra Quammen	3/15	Kathryn Hansen	3/23
Kari Crenshaw	3/05	Per Syvertsen	3/16	Redun Brown	3/28
Chris Christiansen	3/08	Pat Tilder	3/17	Kjell Ottesen	3/28
Karl Svanberg	3/09				

Member News

Sandra and Cory Quammen welcomed daughter Linnea Marit into the world on February 15, 2010. She was 7 lbs., 7 oz., and 21” long.



Please send any news you would like to share to cquammen@gmail.com.

Norwegian Films by Mail

Netflix and Blockbuster offer DVD-by-mail services that provide a convenient way to rent popular Hollywood movies over the Internet. Did you know that these services also offer a wide selection of foreign films, including many films from Norway? Some of these films can even be watched over a high speed Internet connection; no need to wait for a DVD to arrive in the mail! Below are just a few of the many Norwegian films available from Netflix.

<p>Elling (2001) Per Christian Ellefsen and Sven Nordin play the shy, retiring Elling and the imposing Kjell in this Norwegian movie about two mentally challenged friends who battle adversity and find their place in the sun. When the two become roommates, they attempt to create a life for themselves outside the confining, but protective, walls of the hospital. Petter Naess directs this Academy Award nominee for Best Foreign Language Film.</p>	<p>O'Horten (2007) Odd Horten (Baard Owe) is having trouble adjusting to retirement. In the skewed vision of filmmaker Bent Hamer (Factotum), Horten's restlessness launches encounters with a host of strange characters, new behavior and unlikely adventures. He makes new friends, including a doctor he finds sprawled on the sidewalk and a blindfolded motorist, reconnects with an old flame and tries wearing heels – all representing the end of 40 years of routine.</p>
<p>Hamsun (1996) Forever tarnished by his shocking support of the Nazi occupation during World War II, Norwegian Nobel Laureate Knut Hamsun was once his country's most illustrious and revered author. Spanning the final 17 years of his life, this searing biopic – featuring a flawlessly nuanced performance by Max von Sydow as Hamsun – recounts the writer's fall from grace. Ghita Nørby portrays Hamsun's embittered, manipulative wife.</p>	<p>Kristin Lavransdatter (1995) Scandal, shame, and tragedy befall the beautiful Kristin Lavransdatter (Elisabeth Matheson) when she rejects her arranged marriage in favor of an illicit romance with a hunky young knight named Erlend. When it premiered in 1995, more than half the population of Norway bought tickets to see this critically acclaimed medieval romance, directed and written by actress Liv Ullman.</p>

Norwegian Winter Olympic Medal Count

Norwegian athletes performed well during the 2010 Winter Olympics held in Vancouver. Team Norway came in fourth place in total medals earned: 9 gold (same as the United States), 8 silver, and 6 bronze. Not bad for a country with 4.6 million people! Norway's 280 medals earned since the beginning of the games keeps it in the lead for total medals earned by one country. It may come as no surprise that Norway's best events were cross-country skiing (5 gold, 2 silver, and 2 bronze), biathlon (3 gold and 2 silver), and alpine skiing (1 gold, 2 silver, and 1 bronze).

Norway Pioneers Reduction in Deadly Infections

Dangerous and difficult-to-treat infections acquired during hospital stays are a serious concern in the medical field. Infections can cause severe complications that may require expensive additional treatments, and they may even be deadly. In Norway, the public health system is fighting back against infections with some common-sense practices and one surprising strategy: greatly reducing the amount of antibiotic medication given to patients.

Antibiotics can be very successful in treating infections, but that success has come at a price. Through over-prescription of antibiotics, some infectious bacteria have become resistant to traditional medications. For example, Methicillin-resistant *Staphylococcus aureus* (MRSA) is an infectious bacteria that is notoriously difficult to treat.

Beginning about 25 years ago, Norway's public health system started to develop a program to reduce occurrences of infections. Rather than treat these "superbugs" with stronger antibiotics, Norwegian doctors now follow several guidelines to reduce infections:

- Prescribe fewer antibiotics to slow the emergence of antibiotic-resistant bacteria
- Isolate patients with MRSA
- Test medical staff for MRSA and send them home if they test positive
- Track cases of MRSA and follow up with anyone who has been in contact with an infected patient

"There are times I must show these golden rules to our doctors and tell them they cannot prescribe something, but our patients do not suffer more and our nation, as a result, is mostly infection free," said Dr. John Birger Haug of Aker University Hospital in Oslo, Norway.

Similar programs have been adopted in hospitals throughout the United States, including all Veterans Administration hospitals. The result: MRSA bloodstream infections have been cut in half.

Source: *Artha Mendoza and Margie Mason, "Norway conquers infections by cutting use of antibiotics", Associated Press, January 11, 2010.*

The 200th Anniversary of Ole Bull

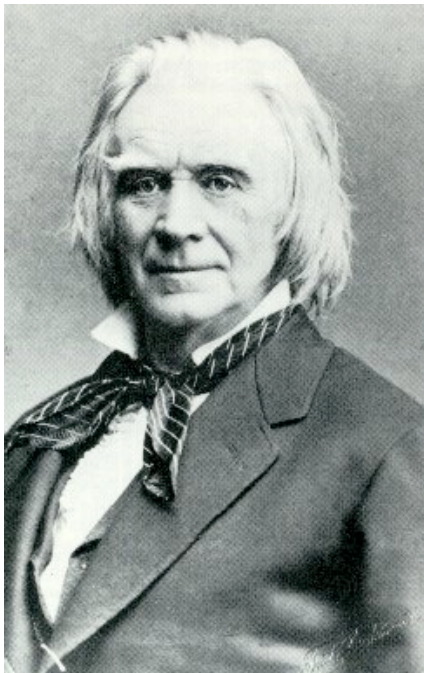
From the Ole Bull 210 Home Page:
www.olebull2010.no, as well as from
The Norway Post.

Norges Bank issued a special edition circulation 10-krone coin on February 5, 2010, to commemorate the 200th anniversary of the birth of Norwegian composer and violinist Ole Bull. Never heard of him?

Ole Bornemann Bull was born the 5th of February, 1810 and died on the 17th of August, 1880, at his home, Lysøen.

A world-renowned virtuoso violinist and composer, his impassioned dedication to his country's folk music played a key role in the development of Norwegian culture following Norway's separation from Denmark.

In the course of his lengthy career, Ole Bull travelled and performed throughout the world. He was a musician,



networker, promoter, inspiration and Norway's first superstar.

We quote from – *The Republican Banner and Nashville Whig*: “He and his violin are one; one and inseparable. Perhaps his powers, on last night, were most completely manifested in his performance of Paganini's Witch Dance”.

To our readers in North America it may be of interest to know that Ole Bull also attempted to found a Norwegian settlement which he named Oleana, in Potter County, Pennsylvania.

Ole Bull had planned to use income from his world tour concerts to finance a 'Little Norway' at Oleana, but his visionary and daring plans of buying 45,000 acres of land became a financial fiasco which lasted only one year.

However, in 1920 a large tract of land was turned into the Ole Bull State Park. Now the park includes the Ole Bull memorial, which consists of a bust of the musician made from stainless steel, mounted on a pedestal made from the Norwegian stone Larvikitt.

On the occasion of Ole Bull's funeral, esteemed Norwegian writer Bjørnstjerne Bjørnson bestowed upon him the title “the people's finest and proudest moment.”

In 2010, a number of arts institutions across the nation collaborate to mark the 200th anniversary of Ole Bull's birth.

- Rolleiv Solholm, Norsk Carolinska Lodge 3-679, Charlotte NC

Message From the District 3 President



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 committees 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