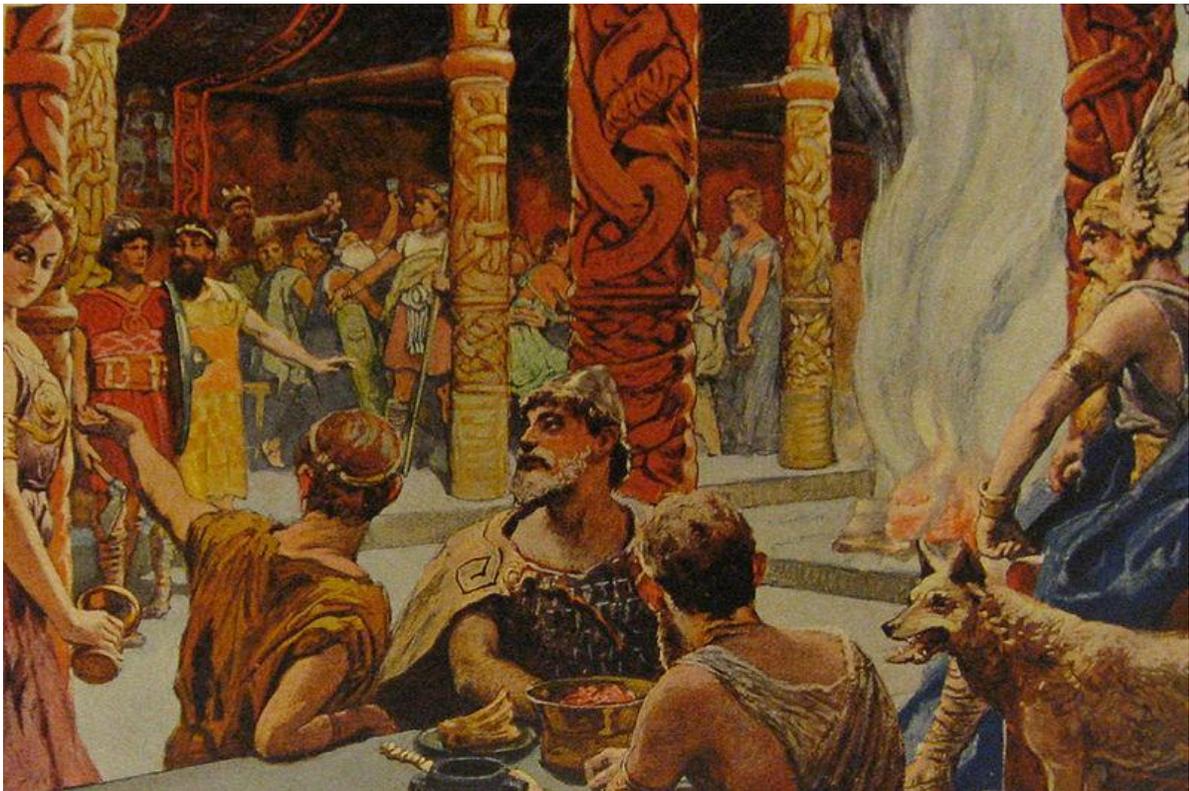




Our Beer Genes



INTRODUCTION

It seems that some of us have inherited some genes which have resulted in an appreciation of beer. I have tried to find out if there is any background to support such a presumption for that consumption.

And indeed, it seems that many of our distant ancestors have been involved in this. They span mythical, legendary and historical persons; the reader may decide where fiction becomes reality.

Going back to the earliest history is the mythical Valhalla where the mead plays a most important role for the Vikings. Also in the Norse mythology cited here [Odin](#) arranges to obtain the [mead of poetry](#).

You can read a fictional story about the origin of the beer in Finland in the "[The Granholm North Pole Legend](#)", where it seems that [Magog](#), the grandson of Noah married the maiden Lapin Kulta. The Finnish professor [Daniel Juslenius](#) shows the roots of the Finns from the family of [Magog](#) in the [Bible](#) 88 years after the flood. A Finnish reproduction, called Sahti, of the Viking beer shows the recipe for it based on an early find from a ship excavation.

The earliest recorded stories about our ancestors brewing beer or ale is by [Ægir](#), a son of [Fornjotr](#), a King of Finland. Ægir's grandson, named [Fjölfnir](#), was also involved deeply in this story about beer. Here I have showed parts from the book about [Norwegian-Finnish Royal Ancestry, Mythical to 872](#).

Thor, in the Norse mythology, was a great beer consumer. I have enclosed a story about him and Ægir's beer brewing kettle. This story is the reason for why we now know that beer and fishing goes together. There is more about Odin and our mythical and Viking relationships in [Swedish Royal Ancestry Book 1 Mythical to 1250](#).

Next I have recorded a rather unusual coincidence. The story tells of two different ancestors; one female, one male, from about the same time period, the 900's. The Descendant's listings are from Anna's 35th great-grandmother [Snøfrid Svåsedotter](#) from Finland, who became the first Queen of Norway, thanks to her beer, and from Erik's 35th great-grandfather [Thorfinn Skull-Splitter](#), born 890, a Viking Earl on the Orkney Islands, where a beer with his name is still made, according to the label on the bottle "5000 years in the making". This may be true as Orkney has been inhabited for 8,500 years. More about these relationships is shown in the books [Orkney Earls](#) and [Norwegian Royal Ancestry Harald Hårfager to Present](#).

Read here about [Egill Skallagrímsson](#) who was a famous Viking poet, born in Iceland in 910. He is Anna's and Erik's 34th great-grandfather. A brewery in Reykjavik now makes beers using his name.

Another beer by a distant, 12th cousin 31 times removed, is named after [Brian Boru](#), the High King of Ireland, born in 941. Even a vodka is named after him. He was killed in the [Battle of Clontarf](#) on Good Friday 1014 in a fight with Vikings from Dublin and Orkney, including [Sigurd Hlodvirsson](#), Earl of Orkney, a grandson of Thorfinn Skull-Splitter and my 31st great grandfather. Sigurd was married to Brian Boru's granddaughter and he was also killed in that battle. What a way to try to get rid of competition with in-laws! The story about them is included here. There is a Brian Boru Restaurant and Pub in Severna Park, MD, see <http://www.brianborupub.com/>.

Brian Boru's great-granddaughter [Aoife MacMurrough](#) was married to [Richard de Clare, 2nd Earl of Pembroke "Strongbow"](#), a cousin of Skull-Splitter. One of the strongest available ciders is named after him.

Vikings drank beer to honor the ancient gods. This resulted in conflicts with the introduction of Christianity. This became a conflict related here for our great-great-, etc. granduncle, [Haakon the Good](#), the third King of Norway (920-961). He initiated a fine on them who refused to drink beer during the Yule celebration.

In more recent historical times a Half-25th cousin, [Samuel Adams](#), seemed to have no special need for drinking tea, he was famous for his role in the [Boston Tea Party](#). Consequently, a most popular beer in USA is named after him.

Our 28th cousin was [Nathanael Greene](#), the only general in the [American Revolutionary War](#), besides George Washington, to serve for the entire war. A North Carolina beer is named after him.

Last, see a story "[Drink up! Beer is healthier than you think](#)"

Lars Granholm

Adamstown, MD, December 2014

<http://en.wikipedia.org/wiki/Valhalla>

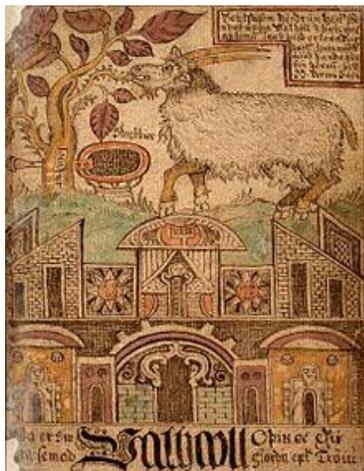
Valhalla

"Walhalla" (1905) by Emil Doepler.



In [Norse mythology](#), **Valhalla** (from [Old Norse](#) *Valhöll* "hall of the slain") is a majestic, enormous hall located in [Asgard](#), ruled over by the god [Odin](#). Chosen by Odin, half of those who die in combat travel to Valhalla upon death, led by [valkyries](#), while the other half go to the goddess

[Freyja's](#) field [Fólkvangr](#).



Odin states that the goat [Heiðrún](#) and the [hart](#) [Eikþyrnir](#) stand on top of Valhalla and graze on the branches of the tree [Læraðr](#). [Heiðrún](#) produces vats of [mead](#) that liquor cannot be compared to, and from [Eikþyrnir's](#) [antlers](#) drip liquid into the spring [Hvergelmir](#) from which flows forth all waters.

"Valkyrie" (1834–1835) by Herman Wilhelm Bissen.

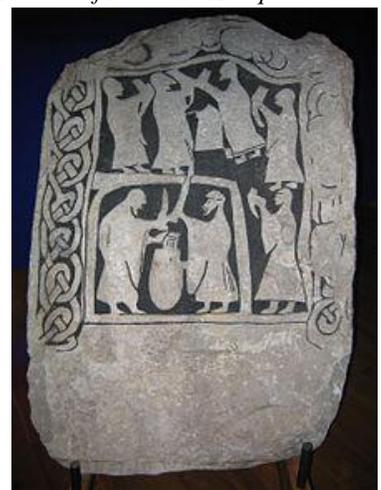


The valkyries wait in Valhalla, and there serve drink, and look after tableware and drinking vessels in Valhalla.

A Valkyrie, drinking horn in hands, awaits at the gates of Valhalla on the Tjängvide image stone from Gotland, housed at the Swedish Museum of National Antiquities

Drinking horns are attested from [Viking Age](#) Scandinavia. Carved horns are mentioned in [Guðrúnarkviða II](#), a poem composed about 1000 AD and preserved in the [Poetic Edda](#). Most Viking Age drinking horns were probably from domestic cattle, holding rather less than half a liter.

The valkyries Hildir, Þrúðr and Hlökk bearing ale in Valhalla (1895) by Lorenz Frølich.



Mead of poetry

In [Norse mythology](#), the **Poetic Mead** or **Mead of Poetry** (Old Norse *skáldskapar mjaðar*), also known as **Mead of Suttungr**, is a mythical beverage that whoever "drinks becomes a [skald](#) or scholar" to recite any information and solve any question.

Creation of the mead of poetry and murder of Kvasir

"The Æsir Against the Vanir" (1882) by Karl Ehrenberg



In [Norse mythology](#), the **Æsir–Vanir War** was a war that occurred between the [Æsir](#) and the [Vanir](#), two groups of gods. The war ultimately resulted in the unification of the two tribes into a single tribe of gods.

After the [Æsir-Vanir War](#), the [gods](#) sealed the truce they had just concluded by spitting in a [vat](#). To keep a symbol of this truce, they created from their spittle a man named [Kvasir](#). He was so wise that there were no questions he could not answer. He travelled around the world to give knowledge to mankind. One day, he visited the [dwarves Fjalar and Galar](#). They killed him and poured his blood into two vats and a pot called [Boðn, Són and Óðrerir](#). They mixed his blood with honey, thus creating a [mead](#) which made anybody who drank it a "poet or scholar". The dwarves explained to the gods that Kvasir had suffocated in intelligence.

Theft by Odin

The Gotlandic image stone [Stora Hammars III](#) is held to depict Odin in his eagle fetch (note the eagle's beard), [Gunnlöð](#) holding the mead of poetry, and Suttungr.

Odin met nine slaves who were scything hay and offered to sharpen their scythes. His [whetstone](#) worked so well that they all wanted to buy it. Odin threw it up in the air and the slaves struggled for it to death, cutting each others' throats.

Odin then spent the night at Baugi's place. Baugi complained that business did not go well since his slaves had killed each other and he could not get anybody to stand in for them. Odin, who said his name was [Bölverk](#), proposed to do their work in exchange for a draught of Suttung's mead. Baugi agreed, saying that he would try to persuade his brother. During summer, Bölverk did the work as agreed and, in winter, asked Baugi for his owing. They both went to Suttungr's, who refused to give a single drop of the beverage.





Bölverk then suggested Baugi to use a trick. He gave him the drill [Rati](#) and asked him to dig into [Hnitbjörg mountain](#). After Baugi tried to deceive him, a hole was actually dug and Bölverk slipped into it, having taken the form of a [snake](#). Baugi tried in vain to hit him with the [drill](#).

He arrived by Gunnlöd, with whom he spent three nights. Thus he could have three draughts of mead. But each emptied a container. He then transformed into an [eagle](#) and flew away. When Suttungr discovered the theft, he took the shape of an eagle and pursued Odin. When the Æsir saw him, they

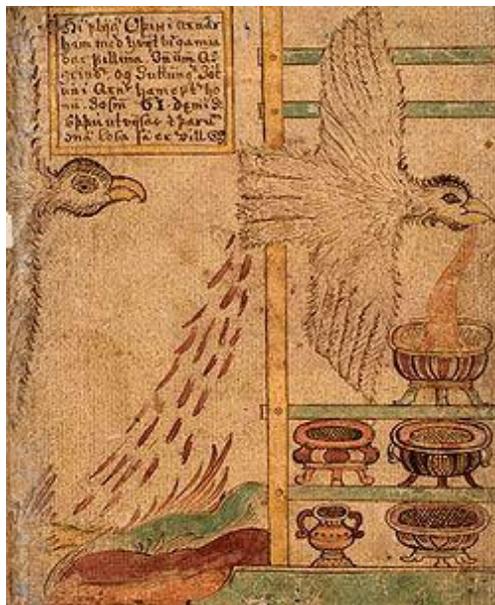


displaced containers in which he spat his loot out. But Suttungr was so close to him that he let some drop backwards. Anybody could drink this part, which is known as the "rhymester's share".

But the mead of poetry was given by Odin to the gods and to the men gifted in [poetry](#).

Gunnlöd by [Anders Zorn](#)

Chased by Suttungr, Odin spits the mead of poetry into several vessels. Some of it accidentally goes out the other end. Illustration by Jakob Sigurðsson, an 18th century Icelandic artist.



Aegir

Aegir (Old Norse "sea") is a [jötunn](#) and a king of the sea in [Norse mythology](#). He seems to be a personification of the power of the [ocean](#). He was also known for hosting elaborate parties for the [gods](#). In [Snorri Sturluson's](#) *Skaldskaparmal*, Aegir is identified with **Gymir** and **Hler** who lived on the isle of [Hlésey](#). The prose header of *Lokasenna* states that his hall is a place of sanctuary lit with bright gold and where the beer pours itself.



In Norse Mythology, Aegir and his daughters brew ale in a large pot.



The Altuna Runestone illustrates a legend recorded in the [Hymiskviða](#)

According to *Fundinn Noregr*, Aegir is a son of [Fornjotr](#), a giant and a king of [Finland](#), and brother of [Logi](#) (fire, flame) and [Kari](#) (wind).

Ægir's wife is [Rán](#) the sea goddess. She is by Ægir mother of [nine billow maidens](#), whose names are:

- Bára (or Dröfn, wave)
- Blóðughadda (*the one with blood-red hair – the color of the waves after a naval battle*)
- Bylgja (*to billow, or big wave*)
- Dúfa (*the pitching wave*)
- Hefring (*the surging wave*)
- Himinglæva (*the wave that reflects the light of the sky*)
- Hrönn (*the grasping wave*)
- Kólga (*the chilling wave*)
- Unnr (or Uðr, wave)



In *Lokasenna*, he hosts a party for the gods where he provides the ale brewed in an enormous pot or cauldron provided by [Thor](#). The story of Thor getting the pot for the brewing is told in [Hymiskviða](#).

Hymiskviða

Thor is the main character in the poem [Hymiskviða](#), where, after the gods have been hunting and have eaten their prey, they have an urge to drink. The gods decide that they would find suitable cauldrons at [Ægir's](#) home. [Thor](#) arrives at Ægir's home and finds him to be cheerful, looks into his eyes, and tells him that he must prepare feasts for the gods. Annoyed, Ægir tells Thor that the gods must first bring to him a suitable cauldron to brew ale in. The gods search but find no such cauldron anywhere. However, Týr tells Thor that he may have a solution; east of [Élivágar](#) lives the giant [Hymir](#), and he owns such a deep kettle.

So, after Thor secures his goats at [Egil's](#) home, Thor and [Týr](#) go to Hymir's hall in search of a [cauldron](#) large enough to brew [ale](#) for them all. They arrive, and Týr sees his nine-hundred-headed grandmother and his gold-clad mother, the latter of which welcomes them with a horn. After Hymir—who is not happy to see Thor—comes in from the cold outdoors, Týr's mother helps them find a properly strong cauldron. Thor shows off his strength, but Hymir taunts him and says that he could hardly be called strong if Thor couldn't break Hymir's chalice. The chalice was a magic one and could not be broken unless slung against Hymir's head. Thor eats a big meal of two oxen (all the rest eat but one), and then goes to sleep. In the morning, he awakes and informs Hymir that he wants to go fishing the following evening, and that he will catch plenty of food, but that he needs bait. Hymir tells him to go get some bait from his pasture, which he expects should not be a problem for Thor. Thor goes out, finds Hymir's best ox, and rips its head off.



The poem, *Hymiskviða* picks up with Thor and Hymir in a boat, out at sea. Hymir catches a few [whales](#) at once, and Thor baits his line with the head of the ox. Thor casts his line and the monstrous serpent Jörmungandr bites. Thor pulls the serpent on board, and violently slams him in the head with his hammer. Thor pulls the serpent from the water, and the two face one another, Jörmungandr dribbling [poison](#) and blood. Hymir goes pale with fear, and as Thor grabs his hammer to kill the serpent, the Hymir cuts the line, leaving the serpent to sink beneath the waves.

Hymir is sitting in the boat, unhappy and totally silent, as they row back to shore. On shore, Hymir suggests that Thor should help him carry a whale back to his farm. Thor picks both the boat and the whales up, and carries it all back to Hymir's farm. After Thor successfully smashes a crystal goblet by throwing it at Hymir's head on Týr's mother's suggestion, Thor and Týr are given the cauldron. Týr cannot lift it, but Thor manages to roll it, and so with it they leave. Some distance from Hymir's home, an army of many-headed beings led by Hymir attacks the two, but are killed by the hammer of Thor. Although one of [his goats](#) is lame in the leg, the two manage to bring the cauldron back, have plenty of ale, and so, from then on, return to Ægir's for more every winter.



Týr looks on as Thor discovers that one of his goats is lame in the leg (1895) by Lorenz Frølich

Sahti: One of the World's Oldest Beer Styles

One of the world's oldest, continually-brewed styles of beer is the Finnish farm-style sahti. Rich with Nordic tradition, this centuries-old style has overcome many twists and turns throughout its history to remain a prevalent yet ancient style.

The earliest written records of sahti only date back a few hundred years to the late 18th century, but casks of the traditional Finnish style were found aboard a sunken Viking ship dated back to the 9th century. Some historians even claim ancient beer styles like sahti were the motivation behind developed agriculture in Scandinavia.

Traditionally, sahti was enjoyed during special occasions like weddings and harvest festivals, and in some cases it even took on a mystical persona. Weaker versions of sahti were used as refreshment for village workers



SCANDINAVIAN SAHTI

Ale through the Ages

The Anthropology and Archaeology of Brewing

Brewing March 4th 2010 (6pm)
Bottling: March 18th 2010 (6pm)



Sahti is a traditional beer of Finland that some argue is one of the oldest continually brewed beers in the world, due to archaeological evidence of Sahti residue in wooden barrels found on Viking ships from Norway. Traditionally, Sahti was made by women across Scandinavia, where the first brew-running called *tupulisahiti* (strong sahti) was given to the men in the village, while the weaker second brew-running *jalkijuoma* ("nosedrop" sahti) was for the women of the village (Ovell 1996). Sahti is brewed with pilsner, barley and rye malted grains along with juniper berries, juniper branches and hops. Generally bread yeast was used to ferment the sahti, however, northern European ale yeasts are now used for more consistent results. Cheers, or *Kippis* as the Fin's say, to this truly original ale.

All-Grain Brewing Additions: (5 gallon batch)

- 8 lbs Pilsner Malt
- 1 lb Dark Munich Barley Malt
- 1 lb Rye Malt
- 0.75 lbs Extra Dark Crystal Malt
- 0.50 lbs. Juniper Smoked Rye Malt
- 4 six-inch juniper branches (2-3 oz.) (in mash only)

Boil Additions

- 1 oz. Hallertau Hops (whole)
- 1 oz. Juniper Berries (crushed)

Fermentation Additions:

- 1 package European Ale yeast

Bottling:

- 3/4 cup of priming sugar

Mash Procedure

1. Sterilize juniper branches with boiling water.
2. Place on top of false bottom in the mash-tun.
3. Add cracked malted grains to 3 gallons of water.
4. Step mash temperature rests of 15 minutes at 110F, 130F & 150F. Hold at 160F for 30mins.

5. Sparge (rinse) grains with 4 gallons of 180F water.
6. Transfer wort to brew kettle and add juniper berries and hops to brew kettle.
7. Boil wort for 30 mins., reduce volume to 5 gallons.
8. Reduce temperature of wort and transfer into fermentation vessel.
9. Pitch yeast when wort is below 90F.
10. Allow to ferment for 1 week at 68F-71F.
11. After one week, transfer bright beer to second fermenter. Leave remaining trub / sediment behind.
12. Allow to ferment for an additional week (68F-71F).
13. Bottle when fermentation is complete.

Original Gravity: 1.065 (estimated)
Potential Alcohol: 6% ABV (estimated)

Partial-Grain Alternative

8lbs pilsner malt extract, 1lb dark brown sugar, 1/2 lb crystal malt, 1/2 lb smoked rye malt, 1 oz. juniper berries, 1 oz. Hops, 1 six-inch sterilized juniper branch. Place malted grains in a grain bag, add to 3 gallons of water with the juniper branch. Raise water temp. to 190F and remove grains and juniper branch. Bring to boil and add malt extract, crushed juniper berries and hops. Boil for 60 minutes. Remove from heat and add to 3 gallons of chilled water in fermentation vessel. Continue with recipe 9-13.

Fjölñir

Fjölñir, (Fjölñir) (1st century BC - early 1st century AD) was a Swedish king of the House of Yngling, at Gamla Uppsala. He appears in a semi-mythological context as the son of [Freyr](#) and [Gerd](#). [Grottasöngur](#) informs that Fjölñir was the contemporary of [Caesar Augustus](#) (63 BC – AD 14). He was a mighty king and the crops were bountiful and peace was maintained.

Fjölñir drowned in a vat of mead visiting Frodi, an equally mythological king of Zealand, where Denmark later appeared. Fjölñir was then succeeded by his son [Sveigdir](#). After Freyr's death, Fjölñir became the king of Sweden.

Fjölñir, Yngve Frey's son, ruled over the Swedes and the Uppsala domains. He was powerful and lucky in seasons and in holding the peace. Fredfrode ruled then in Leidre, and between them there was great friendship and visiting. Once when Fjölñir went to Frode in Sealand, a great feast was prepared for him, and invitations to it were sent all over the country. Frode had a large house, in which there was a great vessel many ells high, and put together of great pieces of timber; and this vessel stood in a lower room. Above it was a loft, in the floor of which was an opening through which liquor was poured into this vessel. The vessel was full of mead, which was excessively strong. In the evening Fjölñir, with his attendants, was taken into the adjoining loft to sleep. In the night he went out to the gallery to seek a certain place, and he was very sleepy and exceedingly drunk. As he came back to his room he went along the gallery to the door of another left, went into it, and his foot slipping, he fell into the vessel of mead and drowned.



Fjölñir drowns in the mead vat, Erik Werenskiöld's illustration in the Ynglingesagaen

Descendants of: Aegir (Gymir) King Of The Sea and Fjölñir King Of Sweden
As Related to: Lars Erik Granholm

1 **Aegir (Gymir) King Of The Sea (Norse Mythology)** (61st great grandfather)
m. Aurboda

2 **Gerdr Norse** (60th great grandmother)
m. Freyr (Yngvi) Norse God
[son of Njordr Norse and Nerthus Goddess]

3 **Fjölñir King Of Sweden (Myth)** b. Abt 255 (59th great grandfather)

4 **Sveigder King Of Sweden (Myth)** b. 277 (58th great grandfather)
m. Vana Of b. 281

5 **Vanlandi King Of Sweden (Myth)** b. 298 (57th great grandfather)
m. Driva Snaesdotter b. Abt 300
[daughter of Snaer (Snow The Old) King Of Kvenland]

See [Norwegian-Finnish Royal Ancestry, Mythical to 872](#)

See [Norwegian Royal Ancestry Harald Hårfager to Present](#)

Snøfrid Svåsesdotter

King [Harald Fairhair](#) (850-933) married [Snøfrid Svåsesdotter](#) from Finland, who thus became the first Queen of Norway. See the saga below:

King Harald, one winter, went about in guest-quarters in the Uplands, and had ordered a Christmas feast to be prepared for him at the farm Thoptar. On Christmas eve came Svase to the door, just as the king went to table, and sent a message to the king to ask if he would go out with him. The king was angry at such a message, and the man, who had brought it in, took out with him a reply of the king's displeasure. But Svase, notwithstanding, desired that his message should be delivered a second time; adding to it, that he was the Fin whose hut the king had promised to visit, and which stood on the other side of the ridge. Now the king went out, and promised to go with him, and went over the ridge to his hut, although some of his men dissuaded him. There stood Snaefrid, the daughter of Svase, a most beautiful girl; and she filled a cup of mead for the king. But he took hold both of the cup and of her hand. Immediately it was as if a hot fire went through his body; and he



wanted that very night to take her to his bed. But Svase said that should not be unless by main force, if he did not first make her his lawful wife. Now King Harald made Snaefrid his lawful wife, and loved her so passionately that he forgot his kingdom, and all that belonged to his high dignity. They had four sons: the one was Sigurd Hrise; the others Halfdan Haleg, Gudrod Ljome and Ragnvald Rettilbeine. Thereafter Snaefrid died; but her corpse never changed, but was as fresh and red as when she lived. The king sat always beside her, and thought she would come to life again. And so it went on for three years that he was sorrowing over her death, and the people over his delusion. ..."

Descendants of: Snofrid Svåsesdotter Queen of Norway As Related to: Anna Kristiina Applegate

1 **Snofrid Svåsesdotter Queen of Norway** (35th great grandmother)

m. Harald I (Hårfager) King Of Norway b. 850 d. 933

[son of Halfdan The Black King Of Agder and Ragnhild Sigurdsson Princess Of Ringerike]

2 **Sigurd "Hrise" Haraldsson King Of Norway** b. 895 (34th great grandfather)

3 **Halvdan Sigurdsson Of Hadafylke** b. 944 d. 1018 (33rd great grandfather)

4 **Sigurd Syr King Of Ringerike, Norway** b. 970 d. 1018 (32nd great grandfather)

m. Åsta Gudbrandsdotter Queen Of Norway m. 995 b. 970 d. 1020

[daughter of Gudbrand "Kula" Olofsson and Gunhild (Ulfrhild) Torasdatter]

5 **Harald III "Hårdråde" King Of Norway** b. 1015 d. 25 Sep 1066 (31st great grandfather)

m. Tora Torbergsson Giske b. 1025 d. 1067

[daughter of Torberg Arnesson Giske and Ragnhild Erlingsdotter]

6 **Olaf III Kyrre King Of Norway** b. Abt 1050 d. 22 Sep 1093 (30th great grandfather)

m. Thora Ragnvaldsdotter Queen Of Norway b. 1030

[daughter of **Ragnvald II Bruesson Earl Of Orkney** (31st great grandfather) Felicia Princess Of Normandy]

http://en.wikipedia.org/wiki/Thorfinn_Turf-Einarsson,_Earl_of_Orkney

Thorfinn 'Skullsplitter' Hausakljufur, Earl of Orkney

Thorfinn 'Skullsplitter' Hausakljufur (died 976) was [earl of Orkney](#). He was the youngest son of [Torf-Einarr](#). Thorfinn married Grelod, daughter of the [Mormaer of Caithness](#) and granddaughter of [Thorstein the Red](#). Thorfinn and Grelod had five sons and two daughters. Their son [Arnfinn Thorfinnsson](#) married [Ragnhild Eiriksdotter](#), daughter of [Eirik Bloodaxe](#) and his widow, [Gunnhildr](#). Thorfinn may have been buried in the [broch](#) at Hoxa, on [South Ronaldsay](#). The modern Orcadian beer [Skull Splitter](#) is named after him.

The five sons of Thorfinn were Arnfinn, Havard, Hlodvir, Ljot, and Skuli. Arnfinns' wife, Ragnhild Eiriksdottir had her husband killed at [Murkle](#) in Caithness and married Havard who ruled as earl for a time. Skuli gave allegiance to the Scots king who made him Earl of Caithness and Orkney but never gained control of Orkney, being killed in battle against Ljot in Caithness. Ljot later died in battle, possibly against [MacBeth](#) of [Moray](#).

Orkney Brewery

In June 2004, the Orkney Brewery was acquired from its retiring founder by the shareholders of Atlas Brewery to form Highlands and Islands Breweries. Neill Cotton, founder of Atlas Brewery, was Managing Director of Highlands and Islands and drove a series of changes at The Orkney Brewery, including a rebranding and the launch of a very interesting lager.

The cask ales are available in various pubs around Britain and at British beer festivals. The filtered bottled ales are sold throughout Britain and in North America.

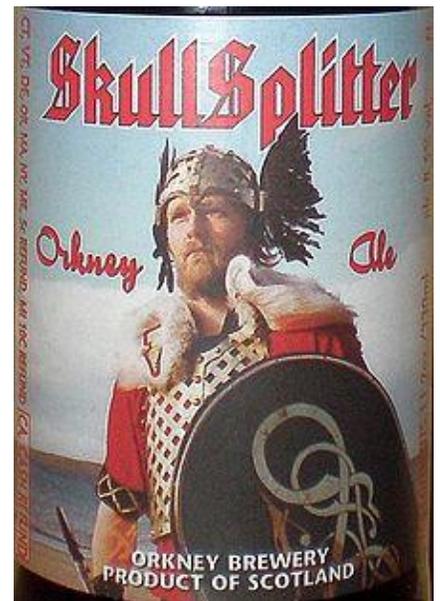


The Orkney brewery produces [cask ale](#) and [filtered beer](#) in bottles, and since October 2005, a lager. *Dark Island*; a rich, fruity, vinous dark ale, is the biggest seller. Dark Island has won Champion Beer of Scotland on several occasions. *Red MacGregor*, a 4% [bitter](#) has won the World Cask Beer Gold Medal (BIIA 2001). The same name is used for a 5% [premium bitter](#) available filtered in the bottle.

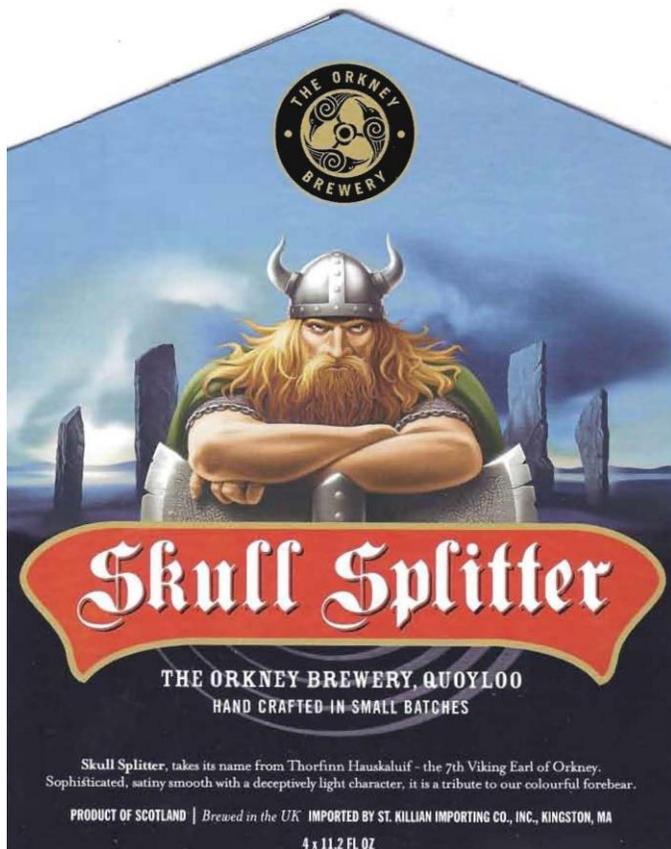
Orkney brewery uses [isinglass](#) in the production of all of its beers, making them unsuitable for [vegetarians](#).

Among its beers are Nimbus Pale Ale, Latitude Pilsner, and Three Sisters [Scotch Ale](#) which are available on tap and in bottles throughout [Lochaber](#) and Scotland.

Skull Splitter



See more at http://www.sinclairbreweries.co.uk/about_orkney.html



**Descendants of: Thorfinn 'Skull Splitter' Einarsson Earl Of Orkney
As Related to: Erik Woods Applegate**

1 **Thorfinn 'Skull Splitter' Einarsson Earl Of Orkney** b. 890 d. 976 (35th great grandfather)
m. Grelod Dungadsdotter b. 898 d. 941
[daughter of Dungal Mac Donnachad Mormaer of Caithness and Groa Thorsteinsdottir]

2 **Hlödvir Thorfinnsson Earl Of Orkney** b. 924 d. 980 (34th great grandfather)
m. Eithne Audna Edna of Orkney Princess of Orkney b. 940 d. 1000

3 **Sigurd II The Stout Hlodvesson Earl Of Orkney** b. 960 d. 1014 in the [Battle of Clontarf](#) (33rd great grandfather)
m. Olith (Donada) MacKenneth
[daughter of Malcolm II King Of Scotland and Aelfgifu 'Edith' Sigurdsdottir]

4 **Brusi Sigurdsson Earl of Orkney** b. 987 d. 1031 (32nd great grandfather)
m. Ostrida Regenwaldsdotter Countess of Orkney b. 990 d. 1010
[daughter of Ragnvald Olafsson Count Of Polatsk and Ingeborg Tryggvesdotter Princess Of Norway]

5 **Ragnvald II Bruesson Earl Of Orkney** b. 1011 d. Dec 1048 (31st great grandfather)
m. Felicia Princess Of Normandy b. 1017
[daughter of Richard III Duke Of Normandy and Unknown]

6 **Thora Ragnvaldsdotter Queen Of Norway** b. 1030 (30th great grandmother)
m. Olaf III Kyrre King Of Norway b. Abt 1050 d. 22 Sep 1093

ABOUT ORKNEY

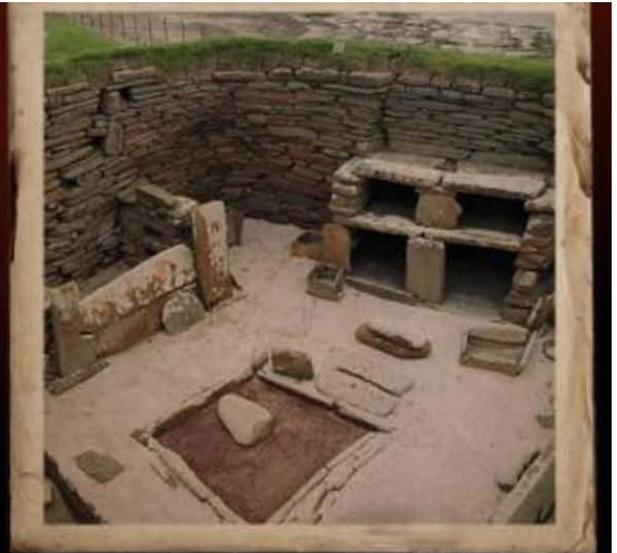
Orkney is proud to be home to some of the best-preserved archaeological sites in Europe, including Neolithic villages, burial tombs and impressive stone circles. Orkney's 5,500 year-old Neolithic Heartland was granted World Heritage status by UNESCO in 1999. This includes the magnificent Ring of Brodgar. Close by are the Standing Stones of Stenness, Barnhouse Village and the tomb of Maeshowe, which is considered to be one of the finest architectural achievements of prehistoric Europe, and is Orkney's largest and finest chambered cairn. The Vikings visited Maeshowe during the 12th century and left one of the largest collections of Norse runic inscriptions known.

For any visitor to Orkney, a visit to Skara Brae, only 1 mile from The Orkney Brewery, is essential. It is an incredibly well preserved stone village containing an intricate maze of dwellings, with stone beds, lintels and cupboards are all intact, and dates back some 5,000 years. The site was revealed in 1850 by a violent storm and is now one of the most famous Neolithic sites in Northern Europe.

The Vikings didn't only leave their mark on Maeshowe, but their influence on place names, pattern of settlement, culture and language is a constant reminder of our Norse heritage. The names of islands and streets in Orkney are a constant reminder of the past and echo like an Ancient Norse litany. Along with the Shetland Islands to the north, Orkney remained under Norse rule until 1468, the last outposts of a dwindling Scandinavian dynasty to fall under Scottish influence.

In the heart of Orkney's main town, Kirkwall lies St Magnus Cathedral the most spectacular Viking structure. Earl Rognvald built it in 1137, in memory of his uncle Magnus who was earlier murdered by another cousin Haakon, co-ruler at that time. Today the beautiful sandstone building continues to be a place of worship for the local people. There are many other structural remains around the islands to visit including Bishop's and Earl's Palaces, Kirkwall; the Round Church, Orphir; Cubbie Roo's Castle, Wyre; Tomb of the Eagles, South Ronaldsay; Mine Howe, Tankerness; Earls Palace, Birsay; and the Brough of Birsay Church, to name a few.

For more recent history that is, even more vivid, go to Scapa Flow – a 50 square mile expanse of deep water, which forms one of the largest, sheltered anchorages in the world. Evocative relics of two world wars lie both within and around the Flow –



Preserved stone village in Skara Brae.



Ring of Brodgar.

St. Magus Cathedral



Egill Skallagrímsson

Picture of Egil in a 17th century manuscript of *Egils Saga*

Egill Skallagrímsson also known as **Egil Skallagrimsson** (ca. 910 – ca. 990) was a [Viking Age](#) poet, warrior and farmer. He is also the [protagonist](#) of the [eponymously](#) named *Egil's Saga*. *Egil's Saga* historically narrates a period from 850-1000 CE, being written somewhere between 1220 and 1240.



Egill was born in [Iceland](#), the son of [Skalla-Grímr Kveldúlfsson](#) and Bera Yngvardsóttir, and the grandson of [Kveld-Úlfr](#) ("Evening Wolf"). When Grímr arrived in Iceland, he settled at [Borg](#), the place where his father's coffin landed. Grímr was a respected chieftain and mortal enemy of King [Harald Fairhair](#) of [Norway](#).

Egill composed his first poem at the age of three years. He exhibited [berserk](#) behaviour, and this, together with the description of his large and unattractive head, has led to the theory that he might have suffered from [Paget's disease](#).

By all accounts, not least his own, he started composing poetry exceptionally early--at the tender age of 3, to be exact. According to the saga-writer (ch. 31), his first poem marks the moment when he first went against his father's wishes. Skallagrim had refused to allow Egil to attend a feast being given by Yngvar, Skallagrim's father-in-law and Egil's grandfather. "You're not going," said Skallagrim. "You don't know how to behave yourself when there's company gathered and a lot of drinking going on. You're difficult enough to cope with when you're sober" (this to a child of three!). So Egil found himself a horse and rode to the feast where he was delightedly greeted by Yngvar. This inspired a poem, in which he praises Yngvar for his generosity as a host (a much valued quality) and himself for being the most brilliant three-year-old poet around. His father must have been furious, but the saga writer doesn't elaborate.

*Here I am at the hearth
Of my host, Yngvar
The Generous, who grants
Gold to heroic men;
Free-handed fosterer,
You'll find no three-year
Babe among bards
More brilliant than me. (ch. 31)*



Egill engaging in [holmgang](#) with Berg-Önundr

We next hear of Egil's ambitions when he was 6 (ch. 40), in a verse that looks directly towards his career as a Viking. According to the saga writer, he had been playing in a ball game against Grim, a boy of 10 or 11. Grim had been winning. Egil furiously struck Grim with his bat. Grim threw Egil to the ground and the other children started laughing. Enraged, he went home and procured an axe, and returning to the boys, split the skull of the boy who cheated him, to the teeth. When Egil returned home his father was not pleased, but his mother proudly declared Egil had the makings of a real Viking in him. On another occasion, after Berg-Önundr refused to allow Egill to claim his wife Ásgerðr's share of her father's inheritance, he challenged Önundr to a [holmgang](#).

Egil responded with a verse that has become a classic expression of the "Viking mentality." Already by the age of 6 Egil has defined the tough-guy part of himself. And if it wasn't in fact his mother who encouraged his ambitions, we can assume such ambitions were in the air. I like to think of sweet little Egil being regularly regaled with stories of Vikings during the long dark Icelandic winters.

However, he also developed into a wonderful composer of praise poetry. On one famous occasion his skill at such composition saved him from execution by his archenemy Eirik Bloodaxe, now King in northern England--egged on, of course, by Bad Queen Gunnhild. Overnight, Egil composed a long poem praising Eirik's exploits--and only occasionally getting at him--in a completely new meter.

King Eirik sat bolt upright, his eyes fixed on Egil while he recited his poem.
When it was finished the King spoke.
"The poem was finely delivered," he said.

As Eirik realized, the poem held the key to his own immortality. Eirik was so surprised by the quality of the poem that he had no choice but to give Egil his life. (It consists of 16 stanzas, with refrains articulating it into a beginning, middle and end), beginning as shown below:

Egils Premium

*By sun and moon
I journeyed west,
My sea-borne tune
From Odin's breast,
My song-ship packed
With poet's art:
Its word-keel cracked
The frozen heart.*

*And now I feed
With an English king:
So to English mead
I'll word-mead bring,
Your praise my task,
My song your fame,
If you but ask
I'll sound your name*

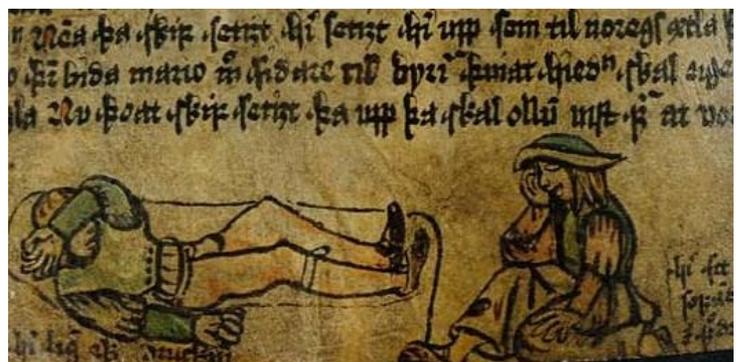


Effects of beer drinking in 15th century Iceland

The **Egill Skallagrímsson Brewery** ([Icelandic](#): Ölgerð Egils Skallagrímssonar) is an [Icelandic brewery](#) and [beverage](#) company based in [Reykjavík](#) and founded on April 17, 1913.

The brewery is named after the [Viking](#) poet and adventurer, [Egill Skallagrímsson](#).

The Egill Skallagrímsson brewery produces pale [lager](#) under the Egils brand, including Egils Pilsner, Egils Gull and Egils Premium.



My brother Karl Johan's daughter Katrina made the picture montage of when her daughter Elisabeth with her husband Jared visited Iceland, the land of Elisabeth's 34th great grandfather Egill.



Descendants of: Egill Skallagrimsson As Related to: Anna Kristiina Applegate

- 1 **Egill Skallagrimsson** b. 910 d. 990 (34th great grandfather)
m. Asgjerd Björnsdatter b. 915 d. 974
- 2 **Thorstein Egillsson (Herse) Gallows** b. 955 d. 1055 (33rd great grandfather)
- 3 **Tora Torsteinsdotter Galge** b. 972 d. 1015 (32nd great grandmother)
m. Arne Ammodsson Giske b. 975
- 4 **Torberg Arnesson Giske** b. 990 d. 1050 (31st great grandfather)
m. Ragnhild Erlingsdotter b. 992 d. 1060
- 5 **Tora Torbergssdotter Giske** b. 1025 d. 1067 (30th great grandmother)
m. Svend II Estridsen King Of Denmark b. 1020 d. 28 Apr 1074
m. Harald III "Hårdråde" King Of Norway b. 1015 d. 25 Sep 1066
- 6 **Saint Canute IV The Holy King Of Denmark** b. 1043 d. 10 Jul 1086 (29th great grandfather)
m. Adele Of Flanders Queen Of Denmark m. Abt 1081 b. Abt 1058 d. Abt 1115
- 7 **Ingegärd Knutsdotter Princess Of Denmark** b. 1081 d. 1146 (28th great grandmother)
m. Folke Den Tjocke Folkunga b. 1070 d. 1130
- 8 **Bengt (Snivil) Folkesson Minnisköld** b. Abt 1098 (27th great grandfather)
m. Ulfhild (Sigrid) Björnsdotter Princess Of Sweden b. 1102
- 9 **Birger "Brosa" Bengtsson Folkunga** b. Abt 1134 d. 9 Jan 1202 (26th great grandfather)
m. Brigida Haraldsdotter Queen Of Norway b. Abt 1130
- 10 **Folke Birgersson Folkunga** b. Abt 1164 d. 17 Jul 1210 (25th great grandfather)
m. Ulfhild b. 1170
- 11 **Daughter Of Folke Jarl Folkunga** (24th great grandmother)
m. Rörík Balk
- 12 **Birger Röríksson Balk** (23rd great grandfather)
- 13 **Rörík Birgersson Till Strand Balk** b. Abt 1274 d. Aft 1322 (22nd great grandfather)
m. Helga Amundsdotter m. 1289
- 14 **Margareta Röríksson Balk** b. Abt 1300 d. Aft 1341 (21st great grandmother)
m. Tord Petersson Till Örbäck Bonde m. 25 Mar 1316
- 15 **Rörík Tordsson Bonde** (20th great grandfather)
m. Märta Gislesdotter Sparre Of Vik
- 16 **Tord Röríksson Bonde** b. Abt 1350 d. 21 Mar 1417 (19th great grandfather)
m. Ramborg Cecilia Nilsson Vasa m. 3 Oct 1376 b. Abt 1352 d. 1439
- 17 **Knut Tordsson Bonde** b. Abt 1377 d. 1413 (18th great grandfather)
m. Margareta Karlsdotter Sparre Av Tofta b. 1381 d. 1429
- 18 **Karl VIII Knutsson Bonde King Of Sweden** b. 1409 d. 15 May 1470 (17th great grandfather)

Brian Boru



Brian Boru (c. 941–23 April 1014), was an [Irish](#) king who ended the domination of the [High Kingship of Ireland](#) by the [Uí Néill](#). Building on the achievements of his father, [Cennétig mac Lorcaín](#), and especially his elder brother, [Mathgamain](#), Brian first made himself [King of Munster](#), then subjugated [Leinster](#), making himself ruler of the south of Ireland. He is the founder of the [O'Brien dynasty](#).

With a population of under 500,000 people, Ireland had over 150 kings, with greater or lesser domains. The Uí Néill king [Máel Sechnaill mac Domnaill](#), abandoned by his northern kinsmen of the [Cenél nEógain](#) and [Cenél Conaill](#), acknowledged Brian as High King at [Athlone](#) in 1002. In the decade that followed, Brian campaigned against the northern Uí Néill, who refused to accept his claims, against Leinster, where resistance was frequent, and against the [Norse Gaelic Kingdom of Dublin](#). This was followed by further attacks on Máel Sechnaill by the Dubliners under their king [Sigtrygg Silkbeard](#) and the Leinstermen led by [Máel Mórda mac Murchada](#). Brian campaigned against these enemies in 1013. In 1014, Brian's armies confronted the armies of Leinster and Dublin at [Clontarf](#) near Dublin

on [Good Friday](#). The resulting [Battle of Clontarf](#) was a bloody affair, with Brian, his son Murchad, and Máel Mórda among those killed. The list of the noble dead in the [Annals of Ulster](#) includes Irish kings, Norse Gaels, Scotsmen, and Scandinavians.

The Viking army formed up into five divisions on the field, while Sigtrygg and 1,000 of his men remained in town. Sigtrygg's son commanded the extreme left of the line with 1,000 of the men from Dublin who decided to fight in the open. Máel Mórda added another 3,000 men from Leinster in two divisions. [Sigurd Hlodvirsson](#), [Earl of Orkney](#) “The Stout”, one of the five sons of [Thorfinn Skull-Splitter](#) and [Brodir](#) of the Isle of Man, arrived on [Palm Sunday](#), 18 April. Although numerous, they too were poorly armed in comparison to the Vikings on either side. Sigurd’s Orkney Vikings manned the center with 1,000 men, and Brodir's Vikings added another 1,000 or more on the right, on the beaches.



Battle of Clontarf, oil on canvas painting 1826

Brian's forces were arranged in a similar fashion. On the right (the Viking left) were 1,000 foreign mercenaries and Manx Vikings. Next to them, 1,500 clansmen of [Connacht](#) were gathered under their kings, while more than 2,000 Munster warriors under Brian's son Murchad continued the front, flanked by 1,400 [Dal Caissans](#) on the extreme left led by Murchad's 15-year-old son, [Tordhelbach](#), and Brian's brother, Cuduiligh. Off to the right and several hundred yards to the rear stood Máel Sechnaill's 1,000 men who simply watched.

The battle opened with several personal taunts between men in either line, often ending with the two men marching out into the middle of the field to enter personal battle, while the forces on either side cheered. While this went on the two groups slowly edged towards each other. They engaged early in the morning.

At first the battle went the Vikings' way, with their heavier weapons prevailing over their opponents as everyone had expected. This advantage also served Brian, whose Viking mercenaries on his right slowly pushed back the forces facing them. On the left, Brodir himself led the charge and gained ground, until he met the warrior [Wolf the Quarrelsome](#), brother of King Brian. Although Wolf was unable to break Brodir's armor, he knocked him to the ground and Brodir fled to hide. This left the now leaderless Viking force facing Murchad's forces, who considered themselves the "king's own" (containing many of Brian's more distant relatives) and by the afternoon Brodir's forces were fleeing to their ships.

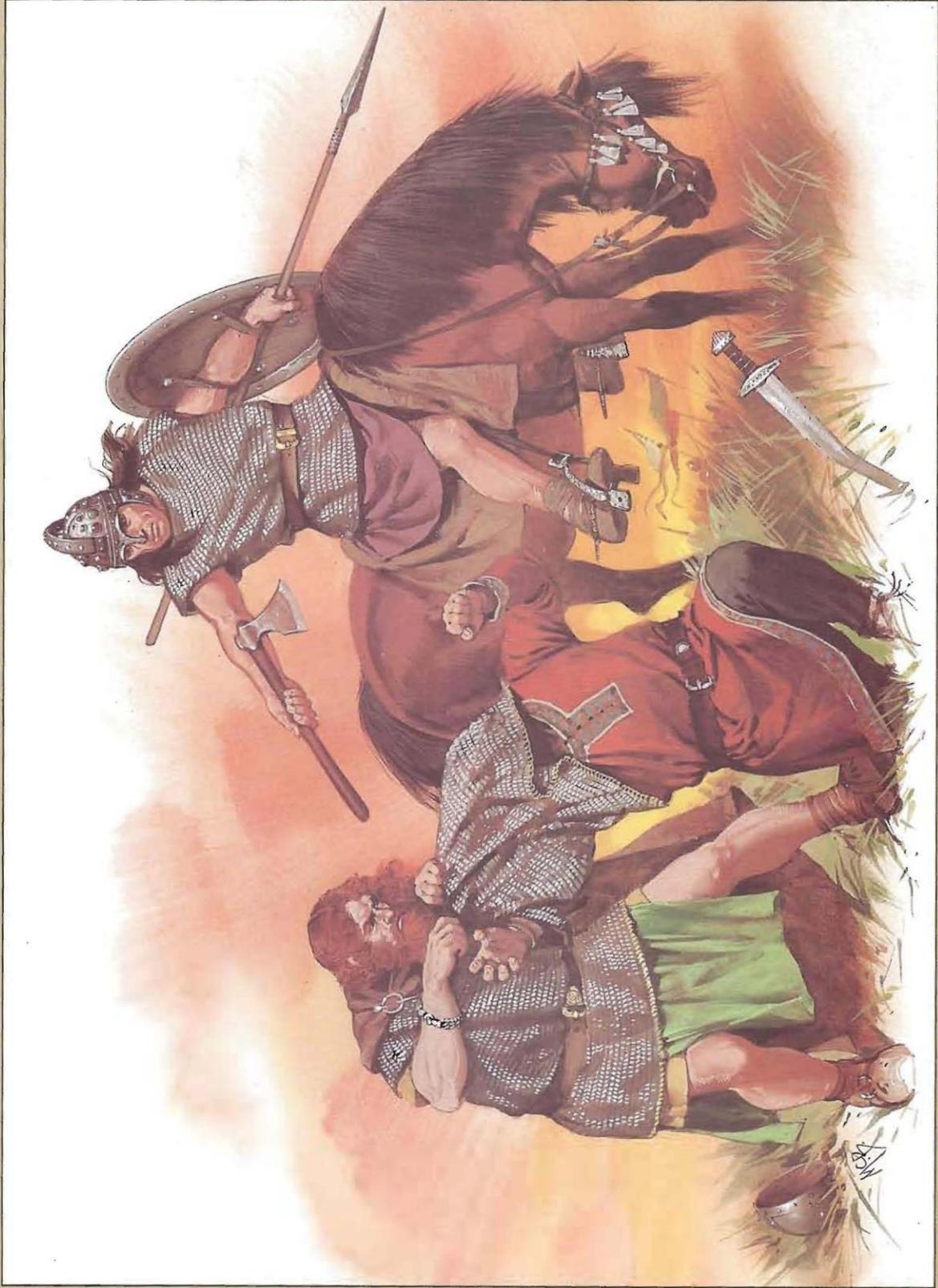
In the center things were going more the Vikings' way. Both Sigurd's and Máel Mórda's forces were hammering into the Munster forces. However Sigurd, according to legend, carried a "magical" standard into battle which drew the Irish warriors to it, eventually forcing their way in and killing the bearer.. By the end of the day, after several mutual pauses for rest, the Vikings found themselves with both flanks failing, Sigurd dead, and everyone exhausted. The beaches in front of the ships were already lost, and many men took to trying to swim to the ships further offshore, drowning in the process. The battle was now clearly going Brian's way, and the Dublin Vikings decided to flee to the town. At this point Máel Sechnaill decided to re-enter the battle, and cut them off from the bridge. The result was a rout, with every "invading" Viking leader being killed in the battle.



Meanwhile Brodir, hiding in the woods near Dublin, noticed Brian praying in his tent. Gathering several followers they ran into the tent and killed him and his retainers. Then they retreated, with Brodir yelling, “*Now let man tell man that Brodir felled Brian*”. According to Viking accounts, he was eventually tracked, captured and gruesomely killed by Wolf the Quarrelsome with whom he had clashed earlier on the battlefield.

“Ulf the Quarrelsome cut open his belly, and led him round and round the trunk of a tree, and so wound all his entrails out of him, and he did not die before they were all drawn out of him.”

Of the 6,500 to 7,000 Vikings and allied forces, an estimated 6,000, including almost all the leaders, were killed, including Sigurd, the Skull Splitter's grandson while holding a Raven banner. Irish losses were at least 4,000, including their king and most of his sons. There were in fact some sons of Brian Boru left after the battle of Clontarf.



Murchad, the son of Brian Boru, High King of all Ireland, tackles a Viking at the battle of Clontarf, Dublin, 1014.

Descendants of: Brian Boru High King of Ireland as Related to: Erik Woods Applegate

1 Brian Boru High King of Ireland b. 941 d. 1014 (Battle at Clontarf) (12th cousin 31 times removed)
m. Eachraidh Ui Aeda Obda b. 947
m. Gormflaith ingen Murchada O'Faelain b. 960 d. 1030

[Child of Brian Boru High King Of Ireland and Eachraidh Ui Aeda Obda]

2 Blanaid (Nic Brian) of Scotland b. 968
m. Malcolm II King Of Scotland b. 954 d. 1034
[son of Kenneth (Cinaed) II King of Scots]

3 Donalda Mac Cinaea (Alpin) of Moray b. 986 d. 1034
m. Sigurd II The Stout Hlodvesson Earl Of Orkney b. 960 d. 1014 (Battle at Clontarf)
(33rd great-grandfather)
[son of Hlodvir Thorfinnsson Earl Of Orkney and Eithne Audna Princess of Orkney]
(34th great-grandparents)

2 Slaine Briansdaughter Princess of Dublin b. 980 d. 1037
m. Sigtrygg II Silkbeard King of Dublin b. 970 d. 1042
[son of Olaf Sigtryggsson (Amlaib Cuaran) King of Dublin and Gormflaith Murchada]

3 Olaf Sigtryggsson (Amlaib) Prince of Dublin b. 1000 d. 1034

[Child of Brian Boru High King Of Ireland and Gormflaith ingen Murchada O'Faelain]
2 Donnchadh mac Briain King Of Munster d. 1064
m. Cacht ingen Ragnaill Queen of Munster b. 1054

Below is a link for listening to the *Brian Boru's March*
<http://www.youtube.com/watch?v=dCu1UulgzPA>



Haakon the Good

Haakon I The Good King Of Norway is the Half- 31st great-grand uncle of Erik Woods Applegate

Haakon Haraldsson (c. 920–961), also known as **Haakon the Good** was the third king of [Norway](#) and the youngest son of [Harald Fairhair](#) and [Thora Mosterstang](#).

King Harald determined to remove his youngest son out of harm's way and accordingly sent him to the court friend, King [Athelstan of England](#). Haakon was fostered by King Athelstan, as part of a peace agreement made by his father, for which reason Haakon was nicknamed *Adalsteinfostre*. The English king brought him up in the [Christian](#) religion.

On the news of his father's death King Athelstan provided Haakon with ships and men for an expedition against his half-brother [Eirik Bloodaxe](#), who had been proclaimed king.

At his arrival back in Norway, Haakon gained the support of the landowners by promising to give up the rights of taxation claimed by his father over inherited real property. Eirik Bloodaxe soon found himself deserted on all sides, and saved his own and his family's lives by fleeing from the country. Haakon was frequently successful in everything he undertook except in his attempt to introduce [Christianity](#), which aroused an opposition he did not feel strong enough to face. So entirely did even his immediate circle ignore his religion that [Eyvindr Skáldaspillir](#), his court [poet](#), composed the poem [Hákonarmál](#) on his death, representing his reception by the Norse gods into [Valhalla](#).

The drinking of ale was particularly important to several seasonal religious festivals, of which the Viking Scandinavians celebrated three: the first occurring after harvest, the second near midwinter, and the last at midsummer. These festivals continued to be celebrated after the introduction of Christianity, although under new names. Historical records show that ale consumption at these festivals, even in Christian times, was quite important: the *Gulaping Law* required farmers in groups of at least three to brew ale to be consumed at obligatory ale-feasts on All Saints (November 1 - Winternights), Christmas (December 25 - Yule), and upon the feast of St. John the Baptist (June 24 - Midsummer). More ordinary festivities, celebrated even today, are so closely associated with beer that they are known as *öl* ("ale") and include *Gravöl* (a wake, or "funeral ale"), *Barnöl* (a christening, or "child-ale") and *taklagsöl* (a barn-raising, or "roofing-ale") .



Viking Age
silver drinking bowl
from Lilla Valla,
Sweden

In *Hákonar saga Góða* (*The Saga of King Hákon the Good*) in *Heimskringla*, it is quite evident that Hákon, who practiced his own Christianity in secret, was beginning through legislation to move the traditional holiday ale-feast as part of a campaign to eventually convert the country.

The earliest sagas specifically told that he had built churches, and that he obtained priests to these churches. Yet he is portrayed for posterity for reverting to paganism again. One reason for this may be a detailed description in *Heimskringla* of a few occurrences in Trøndelag sometime around 950-54:

Hakon was then in Trøndelag and visited Earl Sigurd. He was with Sigurd and met the great chieftains, first on the Frosta ting where he sharply argued with chieftains. Then came Hakon to the autumn-blot ([Norse pagan](#) sacrifice to the [Norse gods](#)) at Lade, where he drank Odin's bowl, but he discreetly made the sign of the cross over drinking horn. But the Yule blot on Mære went completely wrong. During this ceremony, the king also had to participate, although he was a Christian, and he had to drink of the mead that was offered and consecrated for [Odin](#), "for victory and power to the king", the second to the gods [Njörðr](#) and [Freyr](#) "for good harvests and for peace", and thirdly a beaker was to be drunk to the king himself. In addition, toasts were drunk to the memory of departed kinsfolk. These were called "*minni* [memorial toast]". The peasants also wanted him to eat of the meat, but he only gaped over the handle of the cauldron and held a linen cloth between his mouth and the meat. The peasants were not at all satisfied with a king who would not participate fully in the blót. The King had however, been seriously humiliated and later he converted to the old faith. The tradition says that he was buried in the old ways.



The [Saga of Hákon the Good](#) credits King [Haakon I of Norway](#) with the [Christianization](#) of [Norway](#) as well as rescheduling the date of Yule to coincide with Christian celebrations held at the time. The saga states that when Haakon arrived in Norway he was confirmed a Christian, but since the land was still altogether heathen and the people retained their pagan practices, Haakon hid his Christianity to receive the help of the "great chieftains." In time, Haakon had a law passed establishing that Yule celebrations were to take place at the same time as the Christians celebrated Christmas, ***"and at that time everyone was to have ale for the celebration with a measure of grain, or else pay fines, and had to keep the holiday while the ale lasted."***

Richard de Clare, “Strongbow”, Earl of Pembroke

Richard de Clare, 2nd Earl of Pembroke, Lord of [Leinster](#), [Justiciar of Ireland](#) (1130 – 20 April 1176). Like his father, he was also commonly known by his nickname *Strongbow*. He was a [Cambro-Norman](#) lord notable for his leading role in the [Norman invasion of Ireland](#).

Replacement effigy for Strongbow



Richard was the son of [Gilbert de Clare, 1st Earl of Pembroke](#) and Isabel de Beaumont. Richard's father died in about 1148, when he was about 18 years old, and Richard inherited the title [Earl of Pembroke](#). It is probable that this title was not recognized at Henry II's coronation in 1154. As the son of the first Earl, he succeeded to his father's estates in 1148, but was deprived of the title by King [Henry II of England](#) in 1154 for siding with King [Stephen of England](#) against Henry's mother, the [Empress Matilda](#). Richard was in fact, called by his contemporaries Earl Striguil, for his [marcher lordship](#) of [Striguil](#) where he had a fortress at a place now called [Chepstow](#), in [Monmouthshire](#) on the [River Wye](#). He saw an opportunity to reverse his bad fortune in 1168 when he met [Diarmait Mac Murchada](#), the deposed King of Leinster.

Dispossession of the King of Leinster

In 1167, Diarmait Mac Murchada was deprived of the [Kingdom of Leinster](#) by the [High King of Ireland](#) - [Rory O'Connor](#). The grounds for the dispossession were that MacMurrough had, in 1152, abducted [Derbforgaill](#), the wife of the [King of Breifne](#), [Tiernan O'Rourke](#) ([Irish](#): *Tighearnán Ua Ruairc*). To recover his kingdom, MacMurrough solicited help from the King of England - [Henry II](#). The deposed king embarked for [Bristol](#) from near [Bannow](#) on 1 August 1166. He met Henry in [Aquitaine](#) in the Autumn of 1166. Henry could not help him at this time, but provided a letter of comfort for willing supporters of Mac Murchada's cause in his kingdom. However, after his return to [Wales](#) he failed to rally any forces to his standard. He eventually met the Earl of Striguil and other barons of the [Welsh Marches](#). Mac Murchada came to an agreement with de Clare: for the Earl's assistance with an army the following spring, he could have Aoife, Mac Murchada's eldest daughter in marriage and the succession to Leinster. As Henry's approval or license to Mac Murchada was a general one, the Earl of Striguil thought it prudent to obtain Henry's specific consent to travel to Ireland: he waited two years to do this. The license he got was to aid Mac Murchada in the recovery of his kingdom of Leinster.

The invasion of Leinster

An army was assembled that included [Welsh](#) archers. It was led by [Raymond FitzGerald](#) and in quick succession it took the [Viking](#) established towns of [Wexford](#), [Waterford](#) and [Dublin](#) in 1169-1170. Strongbow, however, was not with the first invading party, only arriving later, in August 1170.

In May 1171, Diarmuid Mac Murchada died and his son, [Donal MacMurrough-Kavanagh](#) (Irish: *Domhnall Caemanach mac Murchada*) claimed the kingdom of Leinster in accordance with his rights under the [Brehon Laws](#). The Earl of Striguil also claimed the kingship in the right of his wife. The old king's death was the signal of a general rising, and Richard barely managed to keep Rory O'Connor out of [Dublin](#). At this time Strongbow sent his uncle, [Hervey de Montmorency](#), on an embassy to Henry. This was necessary to appease the King who was growing restive at the Earl's increasing power. Upon his return, de Montmorency conveyed the King's terms - the return of Strongbow's lands in [Normandy](#), England and Wales as well as leaving him in possession of his Irish lands. In return, de Clare, surrendered Dublin, Waterford and other fortresses to the King. Henry's intervention was successful and both the Irish and Cambro-Norman lords in the south and east of Ireland accepted his rule. Strongbow also agreed to assist the King in his coming [war in France](#).



Strongbow's actual tomb-effigy was destroyed when the roof of the Cathedral collapsed in 1562. Strongbow is actually buried in the graveyard of the [Ferns Cathedral](#) where his grave can be seen in the graveyard.

The Marriage of Strongbow and Aoife by Maclise, a romanticized depiction of the union in the ruins of Waterford



Strongbow is a dry cider produced in England since 1962. It is one of the world's leading ciders with over 10 per cent of the global cider market. Strongbow has a strong market overseas, being the highest selling cider in Australia and the second highest selling cider in the United States.

It is named after the Cambro-Norman knight Richard de Clare, later Earl of Pembroke, nicknamed "Strongbow" for relying heavily on Welsh archers during campaigns in Ireland, where at the time the Irish had few bows and relied on javelins. It was initially marketed as "*the strong cider for men*" (5.3%).

Descendants of: Brian Boru High King of Ireland As Related to: Erik Woods Applegate

- 1 Brian Boru High King of Ireland b. 941 d. 1014 (Battle at Clontarf) (12th cousin 31 times removed)
m. Gormflaith ingen Murchada O'Faelain b. 960 d. 1030
- 2-Donnchadh mac Briain King Of Munster d. 1064
+Cacht ingen Ragnaill Queen of Munster b. 1054
- 3-Derdforgaill man Brisin, Princess Of Munster b. 1005, d. 1090
+Amargen O Mordha b. 975, d. 1026
- 4-Murchad O Cheinnselaig b. 1025, d. 1070
+Sabd ingen mac Bricc b. 1030, d. 1070
- 5-Donnchad mac Murchada King (56th) of Leinster b. 1060, d. 1115, In battle with Dublin Vikings
- 6-Diarmait MacMurrough King of Leinster b. 1110, d. 1171
+Mor O'Toole Queen of Leinster b. 1114, d. 1191
- 7-Aoife MacMurrough b. 1145, d. 1188 (18th cousin 25 times removed)
+Richard De Clare "Strongbow" Earl of Pembroke b. 1125, d. 1176

**Descendants of: Rognvald Eysteinnsson "The Wise" Earl Of Orkney
As Related to: Erik Woods Applegate**

1 Rognvald Eysteinnsson "The Wise" Earl Of Orkney b. Abt 830 d. 892 (37th great grandfather)
m. Ragnhild (Hilde) Hrolfsdotter Countess of More b. Abt 840 d. 892

2 Einar "Turf" Rognvaldsson Earl Of Orkney b. 858 d. 910 (36th great grandfather)

3 Thorfinn 'Skull Splitter' Einarsson Earl Of Orkney b. 890 d. 976 (35th great grandfather)
m. Greloð Dungadsdotter b. 898 d. 941

2 Rollo Gånge-Rolf Duke Of Normandy b. 860 d. 931 (37th great-uncle)
m. Poppa De Bayeux Duchess Of Normandy

3 William I Longsword Duke Of Normandy b. 893 d. 942 (first cousin, 37 times removed)
m. Sprote de Bretagne

4 Richard The Fearless Duke Of Normandy b. 933 d. 996 (second cousin, 36 times removed)
m. Gunnora Duchess Of Normandy b. 936 d. 1031

5 Godfrey de Crispin Count Brionne b. 967 d. 1015 (third cousin, 35 times removed)

6 Gilbert de Crispin b. 1000 d. 1040 (4th cousin, 34 times removed)
m. Gunnora d'Anjou b. 984 d. 1035

7 Richard Fitz Earl (1st) of Clare b. 1024 d. 1090 (5th cousin, 33 times removed)
m. Rohese Gifford b. 1045

8 Gilbert FitzRichard De Clare Earl (of Hertford b. 1065 d. 1114 (6th cousin, 32 times removed)
m. Adelaide de Clermont b. 1058

9 Gilbert FitzGilbert De Clare "Strongbow" b. 1100 d. 1148 (7th cousin, 31 times removed)
m. Isabella De Beaumont b. 1104 d. 1172

10 Richard De Clare "Strongbow" b. 1125 d. 1176 (8th cousin, 30 times removed)
m. Aoife MacDermot McMurrrough b. 1145 d. 1186

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Es gibt jetzt auch in Kiel einen HSV Supporters Treff! Alle Heim- und Auswärtsspiele des Hamburger SV werden bei uns im TV übertragen. Das Strongbows macht bei Spielen am Samstag/Sonntag spätestens 15 Minuten vor dem Anpfiff auf, während der Woche immer ab 19.00 Uhr.

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Bravehearts is a band up of 3 well known musicians: Gerry Doyle, Dessie Higgins and George Getty.

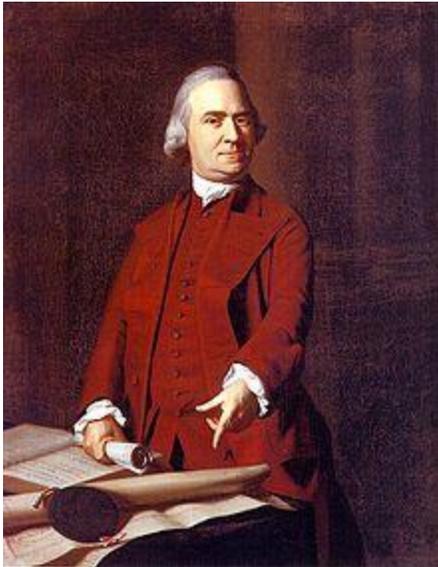
The 3 Musicians have played on many Festivals, such as Kiel Week, Harbour Birthday Hamburg, Beer Festival Opladen. This is an album of their individual music, from beautiful singing to superb instrument

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Samuel Adams

Samuel Adams (September 27, 1722 – October 2, 1803) was an American statesman, [political philosopher](#), and one of the [Founding Fathers of the United States](#). As a politician in [colonial Massachusetts](#), Adams was a leader of the movement that became the [American Revolution](#), and was one of the architects of the principles of [American republicanism](#) that shaped the political culture of the United States. He was a second cousin to President [John Adams](#).

In this c. 1772 portrait by [John Singleton Copley](#), Adams points at the [Massachusetts Charter](#), which he viewed as a constitution that protected the peoples' rights

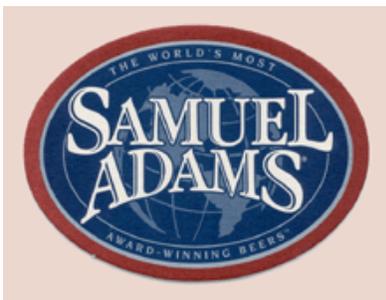


Born in [Boston](#), Adams was brought up in a religious and politically active family. A graduate of [Harvard College](#), he was an unsuccessful businessman and tax collector before concentrating on politics. As an influential official of the [Massachusetts House of Representatives](#) and the [Boston Town Meeting](#) in the 1760s, Adams was a part of a movement opposed to the [British Parliament's](#) efforts to tax the [British American colonies](#) without their consent. His 1768 [circular letter](#) calling for colonial non-cooperation prompted the occupation of Boston by British soldiers, eventually resulting in the [Boston Massacre](#) of 1770. To help coordinate resistance to what he saw as the British government's attempts to violate the [British Constitution](#) at the expense of the colonies, in 1772 Adams and his colleagues devised a [committee of correspondence](#) system, which linked like-minded [Patriots](#) throughout the [Thirteen Colonies](#). Continued

resistance to British policy resulted in the 1773 [Boston Tea Party](#) and the coming of the American Revolution.

After Parliament passed the [Coercive Acts](#) in 1774, Adams attended the [Continental Congress](#) in Philadelphia, which was convened to coordinate a colonial response. He helped guide Congress towards issuing the [Declaration of Independence](#) in 1776, and helped draft the [Articles of Confederation](#) and the [Massachusetts Constitution](#). Adams returned to Massachusetts after the American Revolution, where he served in the [state senate](#) and was eventually elected governor.

Samuel Adams is the brand name for beers produced by the **Boston Beer Company** and its associated contract brewers. The company was founded in 1984 by [Jim Koch](#), [Harry M. Rubin](#), and Lorenzo Lamadrid in [Boston, Massachusetts](#), USA. The brand name of Samuel Adams (often abbreviated to Sam Adams, even in advertisements), was chosen in honor of [Samuel Adams](#), an [American patriot](#) famous for his role in the [American Revolution](#) and the [Boston Tea Party](#). According to tradition, he was also a [maltster](#). Based on sales in 2011, the Boston Beer Company is tied with [Yuengling](#) for the largest American-owned beermaker.



Relationship Chart

Erik Woods Applegate is the Half-26th cousin 5 times removed ** of Samuel Adams, Governor of Massachusetts, Signer Declaration of Independence



Nathanael Greene

Nathanael Greene (August 7, 1742 – June 19, 1786) was a [major general](#) of the [Continental Army](#) in the [American Revolutionary War](#), known for his successful command in the [Southern Campaign](#), forcing British general [Charles Cornwallis](#) to abandon the [Carolinas](#) and head for [Virginia](#). When the war began, Greene was a [militia private](#), the lowest rank possible; he emerged from the war with a reputation as [George Washington](#)'s most gifted and dependable officer. Many places in the United States are [named for him](#). Greene suffered financial difficulties in the post-war years and died suddenly of [sunstroke](#) in 1786.



Nathanael was the son of Nathanael Greene (1707–1770), a [Quaker](#) farmer and smith, and the great great grandson of [John Greene](#) and [Samuel Gorton](#), both of whom were [founding settlers](#) of [Warwick, Rhode Island](#).

Early years of the war

On May 8, 1775, he was promoted from private to [Major General](#) of the Rhode Island Army of Observation formed in response to the siege of Boston. He was appointed a [brigadier](#) of the Continental Army by the [Continental Congress](#) on June 22, 1775. [Washington](#) assigned Greene the command of the city of [Boston](#) after it was evacuated by the British in March 1776. Letters of October 1775 and January 1776 to [Samuel Ward](#), then a delegate from Rhode Island to the Continental Congress, favored a declaration of independence.

New York

On August 9, 1776, he was promoted to be one of the four new major generals and was put in command of the [Continental Army](#) troops on [Long Island](#); he chose the place for fortifications, and supervised the construction of redoubts and entrenchments (the site of current day [Fort Greene Park](#)) east of [Brooklyn Heights](#). Severe illness prevented him from taking part in the [Battle of Long Island](#). Greene was also a Rhode Island [Freemason](#) and bore a masonic jewel, the gift of his Masonic Brother the Marquis de Lafayette, on his person throughout the whole of the revolution.

Greene was prominent among those who advised a retreat from [New York City](#). He also advocated the burning of the city so that the British might not use it. He justified this by asserting that the majority of property was owned by [Loyalists](#). While Washington agreed with this, the proposal was rejected by Congress. He was placed in command of [Fort Lee](#) on the [New Jersey](#) side of the [Hudson River](#). On October 25, 1776, he succeeded General [Israel Putnam](#) in command of [Fort Washington](#), across the river from Fort Lee. He received orders from Washington to defend Fort Washington to the last extremity, and on October 11, 1776, the Congress passed a resolution to the same effect; but later Washington wrote to him to use his own discretion. Greene ordered Colonel [Magaw](#), who was in immediate command, to defend the place until he should hear from him again, and reinforced it to meet General Howe's attack. Nevertheless, the blame for the losses of Forts Washington and Lee was

put upon Greene, but apparently without him losing the confidence of Washington, who himself assumed the responsibility. At the [Battle of Trenton](#), Greene commanded one of the two American columns.

Philadelphia

At the [Battle of Brandywine](#), Greene commanded the reserve. At [Germantown](#), Greene's command, having a greater distance to march than the right wing under [Sullivan](#), failed to arrive in good time: a failure which Greene himself thought would cost him Washington's trust. But when they arrived at length, Greene and his troops distinguished themselves.

At the urgent request of Washington on March 2, 1778, at [Valley Forge](#), he accepted the office of [Quartermaster General](#). His conduct in this difficult office, of which Washington heartily approved, has been characterized as "as good as was possible under the circumstances of that fluctuating uncertain force." However, he had become Quartermaster General on the understanding that he should retain the right to command troops in the field. Thus we find him at the head of the right wing at [Monmouth](#) on June 28, 1778.

Rhode Island

In August, Greene and [Lafayette](#) commanded the land forces sent to Rhode Island to co-operate with the French admiral [d'Estaing](#), in an expedition (the [Battle of Rhode Island](#)) which proved unsuccessful. In June 1780, Greene was in command at the [Battle of Springfield](#).

Command in the South

Washington & Nathanael Greene



The Congress had been unfortunate in the selection of commanders in the South. It had chosen [Robert Howe](#), and he had lost Savannah. It had chosen [Benjamin Lincoln](#), and he had lost Charleston. In the summer of 1780, near [Camden, South Carolina](#), on August 16, the British attacked [Horatio Gates'](#) army, which broke and ran in wild confusion. This defeat effectively ended the American Southern Army as a cohesive fighting force. It left the way clear for

[Cornwallis](#) to pursue his goals of gathering southern Loyalists and taking the war to Virginia. He planned then to use his southern ports to move men and material into the interior of North and South Carolina.

When Gates' successor was to be chosen the Congress decided to entrust the choice to Washington. On October 5 it resolved "*that the Commander-in-Chief be and is hereby directed to appoint an officer to command the southern army, in the room of Major General Gates.*" Washington delayed not at all in making his selection. On the day after he received a copy of the resolution, he wrote to Nathanael Greene at West Point, "*It is my wish to appoint You.*" The Congress approved the appointment, gave Greene command over all troops from Delaware to Georgia with extraordinarily full powers, "*subject to the control of the Commander-in-Chief*"; effectively becoming the second-in-command of the entire Continental Army.

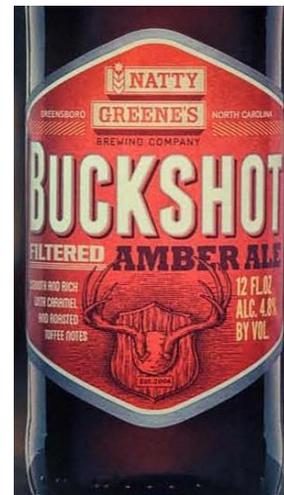
Natty Greene's Brewery



Natty Greene's beers are a favorite among our customers. The brewery that makes them is less than an hour away, in the city named after Natty Greene: Greensboro.



Nathanael Greene is an often-overlooked hero of the American Revolution. His military career began with the lowest rank possible, and he worked his way up to be a Major General depended upon by George Washington. His most famous escapade was actually a retreat: the "race to the Dan" during which his men escaped across a swollen river, leaving no boats for the British. Then followed the Battle of Guilford Courthouse, a battle Greene lost but that changed the course of the war and led to the Patriots' victory. Chris Lester and Kayne Fisher, founders of Natty Greene's Brewery, chose the name to pay tribute to their region and to the hero Greene.



Relationship Chart

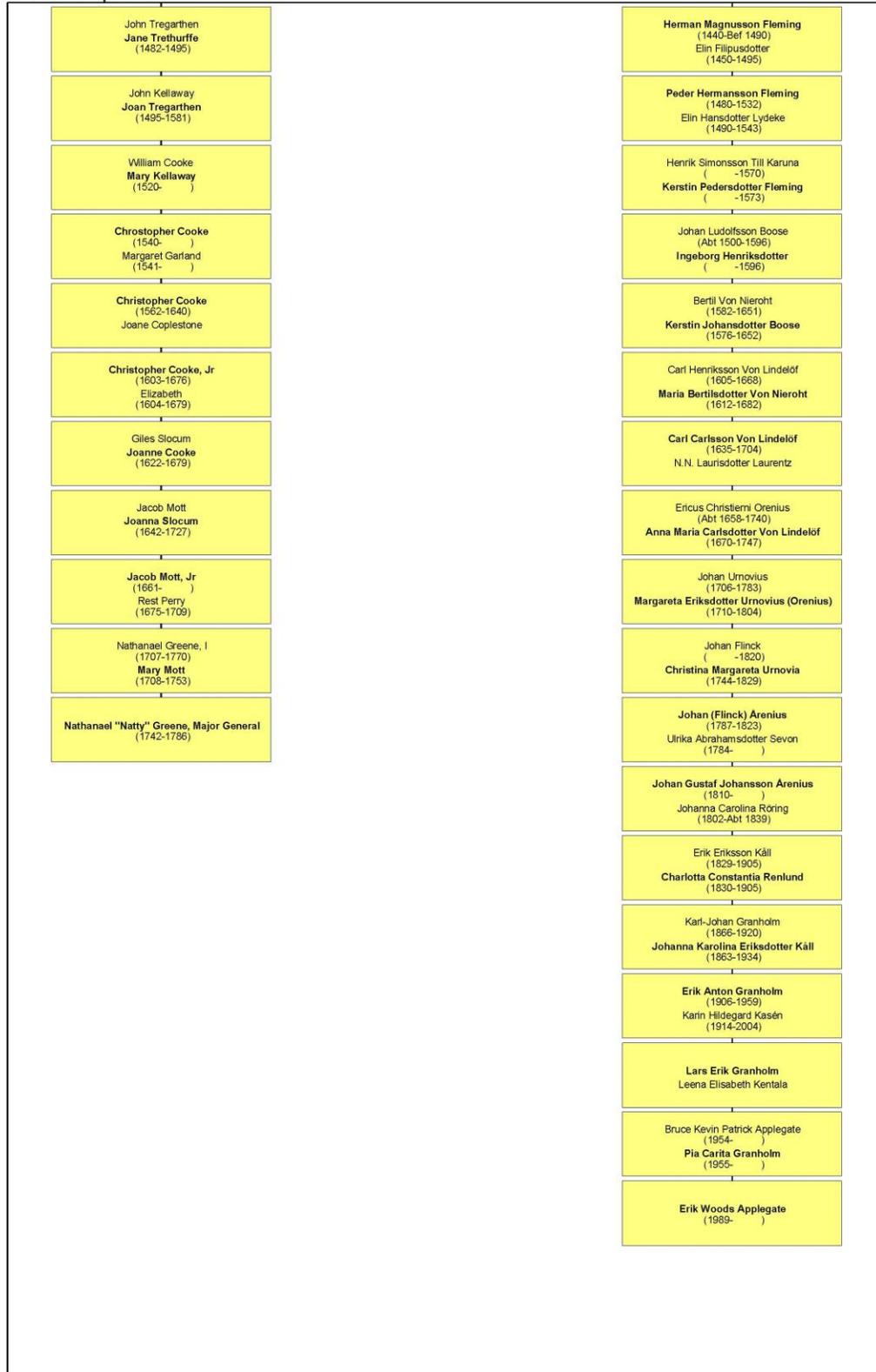
Erik Woods Applegate is the 27th cousin 7 times removed * * of Nathanael "Natty" Greene, Major General

Common Ancestor

Herbert II Count Of Vermandois
(0884-0943)
Hildebranda (Adele) Of France
(0898-)



Relationship Chart



10 Health Benefits of Beer

Drink up! Beer is healthier than you think

<http://www.thedailymeal.com/10-health-benefits-beer-slideshow>



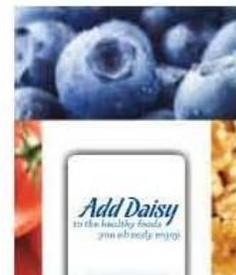
Prevents Stroke

Moderate beer drinking helps prevent blood clots from forming and blocking blood flow to the heart, neck, and brain, which can cause a stroke.



Lowers Blood Pressure

They say wine is good for your heart, but it appears beer is even better. A study of more than 70,000 women aged 25 to 40 found that those who drank moderate amounts of beer daily were less likely to experience high blood pressure than women who drank wine and spirits.





Reduces Risk of Heart Disease

If you drink about a pint of beer a day, your risk of heart disease may be lower, according to an analysis of 16 studies of more than 200,000 people. However, those who drank more than a pint were at a higher risk for heart disease. Additionally, more than 100 other studies found that drinking beer in moderate amounts lowers your risk of heart stroke and cardiovascular disease.

[CLICK FOR SOUND !\[\]\(e51f2f38b210a3819c613728fd4b2ec5_img.jpg\)](#)



Boosts Vitamin Levels

Containing vitamin B6, vitamin B12, and folic acid, beer is said to significantly boost vitamin levels in the body. A study found that beer drinkers showed 30 percent higher levels of vitamin B6 in their blood than non-beer drinkers. Dark beers, especially, have the most antioxidants.

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Reduces Risk of Kidney Stones

For every bottle of beer men drink daily, they reduce their risk of developing kidney stones by 40 percent, possibly due to beer's high water content of 93 percent.

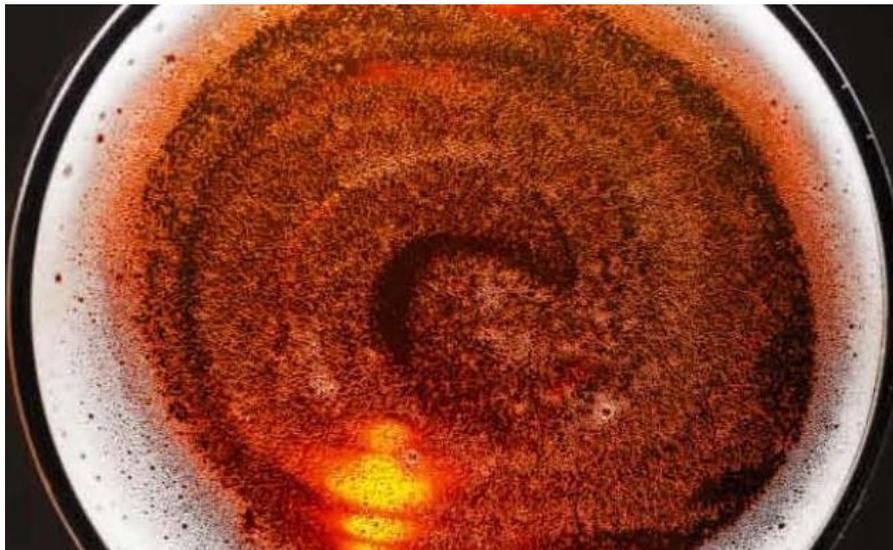
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Boosts Brain Health

Consuming about one beer a day can reduce the risk of mental decline for older men and women by as much as 20 percent.



Reduces Cancer Risk

Beer contains a cancer-fighting agent called xanthohumol, which fights off cancer-causing enzymes. Researchers also believe beer's sugars help prevent HCAs, a type of carcinogen, from forming.



Reduces Risk of Diabetes

By drinking two beers a day, you can reduce your risk for type 2 diabetes by 25 percent. According to a study, beer increases insulin sensitivity, which helps protect against diabetes.



LG note:

[Researchers at Oregon State University](#) discovered that doses of [xanthohumol](#), a flavonoid found in hops, improved memory and thinking in a lucky group of mice. Flavonoids are a class of compounds present in plants, known to have numerous health benefits. Last year, researchers discovered that a flavonoid found in celery and artichokes could potentially [fight pancreatic cancer](#).

The researchers treated the mice with dietary supplements of xanthohumol over the course of eight weeks. Their goal was to determine if xanthohumol could affect [palmitoylation](#), a naturally occurring process in animals (including humans) that's associated with memory degradation. The mice then went through a series of tests—including the popular [Morris water maze](#)—to gauge whether or not the treatments had improved their spatial memory and cognitive flexibility. For the younger mice in the group, it worked. But on the older mice, unfortunately, the xanthohumol didn't seem to have any effect.

Xanthohumol is a rare chemical compound: Hops are the only known dietary source of it. But lest beer enthusiasts get too excited, it would require drinking [2,000 liters of beer a day](#) (or 5,636 bottles of beer) to ingest the amount of xanthohumol used in the study. Not recommended.

Still, the findings suggest the compound could one day be used medicinally to treat cognitive problems in humans—and that might just merit a toast to xanthohumol.



Builds Stronger Bones

Reach for a pale ale, as they are rich in silicon, a compound that is linked to better bone health. Be careful how much you consume, though, because too many drinks can lead to an increased risk of fractures.



Lengthens Life

Beer drinkers tend to live longer, according to several studies. The USDA estimates that moderate drinking prevents about 26,000 deaths a year. This is true in other countries as well, as a study reports that "if European beer drinkers stopped imbibing, there would be a decrease in life expectancy of two years."

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