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President's Message

It is Hostfest time and it is their 40th year—what a milestone. This needs to go on another 40 years.

The summer has gone guickly (it always does). The big event for SHA is the Midsummer Night event. However, this vear it was a blow-out!! The wind took over and we could not have the movie (the screen would have blown away), the City Band could not perform (music would have flown away) and the bonfire was a no-burn (just too windy to be starting fires). However, a few people did show up to eat some of the picnic lunch, so it wasn't a complete blow-out. Thanks to the sponsors that evening— Xcel Energy, Verendrye Electric, and SRT. Dorothy Schatz also came that evening and made krumkaka for us to enjoy and she turned the proceeds over to SHA thank you Dorothy.

We have had a very exciting and eventful summer after the "blow-out". Scandinavian Heritage Park was voted the #1 tourist attraction for the State of North Dakota. This was conducted by USA Today and our win was from the 10Best Readers' Choice. We won over some very prestigious places in ND— Theodore Roosevelt National Park, International Peace Garden, Medora, etc. The choices to vote on were made by an Expert Panel from USA Today. USA Today stated "you've earned some serious bragging rights". This park is a beau-



tiful place and most of the credit goes to Bob Whetter and John Sinn. Les Strege has been busy staining the small picnic shelters and the storage rooms. We have many faithful volunteers who are here each day to keep

the buildings open for the public. There are always many, many visitors at this park and the comments from them are very favorable—thank you volunteers.

After all of that excitement, the next event was the North Dakota Tourism photo shoot of our park with Minot's own Josh Duhamel and his son Axel, as the main stars. There were many locals who also participated in this event and thanks to all of them. It was a very warm and exciting evening. These photos and ads will be in the 2018 North Dakota Legendary Travel Guide.

The gift shop has been very, very busy this summer and Christmas merchandise is being ordered and already set out. Stop by the Elsa's Bookstore at the Høstfest. It will be another place to pick up some more gifts or some reading for yourself.

Have a great fall season. See you at the Høstfest.

— Gail Peterson, SHA President

Fall 2017 Calendar

• Sept 11 - 11:30 am, Danish Society, Fireside Bistro • Sept 22-24 -FinnFest, Minneapolis

• Sept 16 -2 pm, Swedish Society, Visitor's Center

Sept 27-30 -Norsk Høstfest

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Scandinavian Heritage Association

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Join the Scandinavian Heritage Association today!

Join us in preserving the values and



traditions of our proud heritage. Established 1988, the park is the only one in the world representing all five Scandinavian countries and hosts

thousands or visitors each year from around the world.

As a member of the Scandinavian

- Heritage Association, you help support:
 - Interpretive Tours of the ParkThe Heritage House Museum
 - The Heritage House Mus
 Local School Field Trips
 - "Midsommer Natt" Celebration
 - Mildsommer Natt Celebration
 The en going preservation and reservation

■ The on-going preservation and promotion of the Scandinavian traditions, positive values and ethics

And much more!

Memberships start at \$35 and includes many benefits. Please call (701) 852-9161or stop by our office to become a member!

MEMBERSHIP CATEGORIES

SUSTAINING

\$35.00 per year will receive the SHA Membership Package, which includes:

■Membership Card good for 10% off Scandinavian Gift Shop items

Membership Pin (initial membership)
 The Scandinavian Heritage News,

official newsletter of Scandinavian Heritage Association ■ Invitation to Annual Banquet and other SHA events

SPONSOR

\$100.00-\$499.00 per year will receive the SHA Membership Package, plus:

- Recognition in the Newsletter (1 issue)
 One Complimentary Ticket to the
- Annual Banquet

BENEFACTOR

\$500 and above per year will receive the SHA Membership Package, plus:

Recognition in the Newsletter (1 issue)
 Two Complimentary Tickets to the

Annual Banguet

SHA MEMBERSHIP APPLICATION

Name (print)	MEMBERSHIP LEVEL	
Address	🗖 Sustaining Member 🛛 Sponsor Member 🔲 Benefa	ctor Member
City	PAYMENT Check MC Visa Discover	Am. Exp.
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State Zip	Name on card3-Di	g
Email	Signature	
Phone	Please mail to SHA, PO Box 862, Minot ND 58	8702





Midsummer Night





After a lot of preparation for Midsummer Night, it was unfortunately canceled this year. Due to high winds on the day of the celebration, the Fire Marshall would not approve lighting of the fire. Thank you to Bob, John and all those involved who built a wonderful wood pile and then took it down later the following week.

Remembering Ernie Selland

March 22,1932 - July 29, 2017

Ernest Boyd "Ernie" Selland, age 85, died July 29th, 2017 in Minot, North Dakota with his family by his side. Ernie was born on the

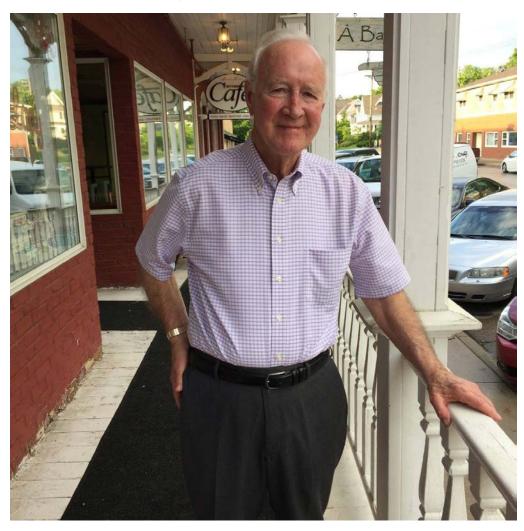
Selland farm, Southwest of Rugby, on March 22, 1932. He attended a country school, helped out on the family farm, and graduated from Rugby High School in 1950. He joined the United States Navy and served from January 1951 to December 1954.

During the last two years in the Navy, he served with three of his brothers, Omar, Richard, and Dennis, on the aircraft carrier USS Valley Forge.

After his Navy service, he returned to Minot in 1955, where he started working for Northern States Power Company in the accounting department. In June of 1955, while working at NSP, he met Marilyn Joy Hubbard.

They married in Minot at Zion Lutheran Church on August 5th, 1956. He worked at NSP in Minot for 36 years with the exception of three years at the Minneapolis corporate office as an Internal Auditor. He held several positions within the company, the last being General Manager of the Minot Division. In 1991, NSP sold the telephone depart-ment to Rochester Telephone. Ernie retired from NSP and accepted the position of President and General Manger of Minot Telephone Company for three years until officially retiring on March 31, 1994.

Ernie and Marilyn had three children; Mark, Brian, and Paula Jo. Together they enjoyed golfing, skiing, biking, walking, attending the Minot Symphony and Arts in the Park, and playing scrabble. For several years, they spent the winter months in Tucson, Arizona where they made new friends, golfed in the Arizona sunshine and hiked in Sabino Canyon. Ernie rode the CANDISC, once with Mark and Brian and also with Paula. Ernie loved to stay busy, he was happiest when he had a hammer or paint brush



in his hand and was always willing to help. Over a period of the past ten years, Ernie was diligent in his care of Marilyn. She passed away on February 26, 2017.

Ernie was a member of Zion Lutheran Church, the Moose Lodge, the Kiwanis Club, and the American Legion Post #26, all of Minot. He was an active community leader and lifetime volunteer in the Minot area serving on the Scandinavian Heritage Board of Directors of which he had position of treasurer for nearly 20 years.

Ernie also served on the Visitor's Center House Committee, Trinity Health Board, The Minot Chamber of Commerce, the Greater North Dakota Association, the Minot Area Development Corporation, the Minot Magic Fund and the North Dakota Telephone Association.

He was chairman of the Trinity Foundation, serving 9 years. He was very proud of the Scandinavian Heritage Park, volunteering his time for 21 years until the park development was completed. Ernie was a founding member of the Minot Hockey Boosters. He was the first president and played an important role in the development of hockey in Minot. He was inducted into the Minot Hockey Boosters Hall of Fame in 2002.

After retiring, he became a part of a group of retired executives known as "The Know It Alls". They met once a week for coffee and spirited discussions

SELLAND: Cont. On Page 6

SELLAND: Cont. From Page 5

about current events, local news, politics, their families, and all things important to them.

Ernie and Marilyn had 6 wonderful grandchildren. They loved watching them grow up, attending their events and activities, supporting their decisions and were eager to see where their lives

would take them. Sarah, Leif, Katie, Anja, Emily and Karin have endless admiration for their grandparents, Pop

SHA Memorial Gifts

Many donations came in memory of longtime friends and past officers of the Scandinavian Heritage Foundation.

UNDESIGNATED MEMORIALS

Francis Braaten, given by Myron & Marion Anderson, Jean O Carmichael

Ron Dahlien, given by Myron & Marion Anderson, Glen & Norma Berg

Ernie Selland, *given by Mary Hogan & P.J.* Hill, Roxanne Selland Berry, Eva Goodman, Scott & Sue Weston, Pam Seeland-Brown, Myron & Marion Anderson, Jerome & Patricia Jorgenson, Meredith Schulz, Doris Slaaten, Erv & JoAnn Johnson, Adelaide Johnson, Elizabeth Gjellstad, C.E. Baker, David W & Cheryl E Baker, Norsk Hostfest Association, First Western Bank, Duane & Barbara Aase, Know-it-Alls, John Sinn, Dennis & Marvel Helgeson, Audrey Nelson, Virgil Rude and Rhonda Rude, Mike & Phyllis Burckhard, Jacky Jo Smith, Steven & Jackie Velk, Steven & Carol Smith, Paul G. Isaacson, Helene Anderson, Delores M. Berg,

and Grammy.

Ernie is survived by: his sons: Dr. Mark Selland and his wife, Kathy Faryniarz of Anchorage, Alaska; Dr. Brian Selland and his wife Pastor Sharon Baker of Rugby, North Dakota; daughter: Paula Selland and her husband Mark Hendrickson of Lafayette, Colorado; six grandchildren: Dr. Sarah Hendrickson, Seattle, Washington; Leif Selland, Minneapolis, Minnesota, Katie Hendrickson O'Connell (Sean) Maple Valley, Washington; Anja Selland, Rugby North Dakota, Emily Joy Hendrickson Fort Collins, Colorado: and

Dolores M. Kizima, Kay Norby Fial, Paula Selland, Gail Peterson

Cyndi Klaus, given by Cordell & Rhonda Bugbee

Robert L Moe, given by Noel & Geraldine Hanson, Myron & Marion Anderson

Joseph Hegstad, given by Richard & Janet Sabol

UNDESIGNATED DONATIONS Connie Eidahl

PARK AWARD SIGN DONATION

Given Eva Goodman and Marilyn Wagner

NEW BENEFACTOR MEMBER

Ginger Quam

NEW MEMBER

- Colleen Dahl
- Jewell & Lois Grove
- Karen Larson

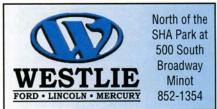
EAT SOME GREAT FINNISH FOOD AT HØSTFEST

The Finnish Society will be at the Høstfest again serving the Finnish beef stew (mojakka) and bread pudding with rum sauce. Both items have been very popular for us.

Bruce Carlson and Brad Tengesdal had two new benches put in place in front of the sauna. They are very sturdy and really are a great addition to that area. Thanks to Bruce and Brad—they are the two B's that get things done in that area.

Our Pikkujoulu (Little Christmas) celebration will be on December 9, 2017,

in the lower level of the Visitor's Center from noon to 5 pm. This is always a fun time with music, a catered meal and door prizes. This is the year to celebrate Finland's independence—it is the 100 year anniversary and the date is December 6. We will celebrate on the 9th of December.



Karin Selland of Rugby, North Dakota. His siblings: Mary Ann Loiselle and Jim Selland (Debbie), both of Chandler, Arizona, Robert Selland (Gail) of Leeds, North Dakota. He has several cousins and 24 nieces and nephews. Ernie was preceded in death by his wife, Marilyn; his parents Ole and Gladys; and brothers: Omar, Dennis, Larry, and Richard.

Memorials: Family asks that memorials be made to the Scandinavian Heritage Center.

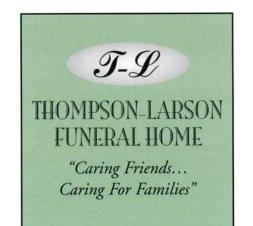
10 Swedish myths uncovered

In last issue, two sentences were cut off leaving our readers hanging. Here is the end of the article.

#6 IT'S COLD AND DARK

This kind of depends where you are, because after all Sweden is a long country. But yes, the winters are too long even right down here at the southern tip. It is my number one – and really only – gripe with Sweden.

But then the first real day of spring comes around and it somehow all seems worth it. Plus summers in Sweden can be glorious – summer nights are long throughout the country and you even get the midnight sun up north and many of the beaches are fantastic. Even the far north, where the mercury can plummet to -40°C in the winter, can get hot. Often in the early summer we in the south shiver and splash about in puddles while Arctic Lapland basks in sunshine and temperatures in the +20s.





A Grand Award Scandinavian Heritage Park voted best attraction in ND by USA TODAY

Allan Blanks

Minot Daily News

America has spoken, the Scandinavian Heritage Park in Minot, was voted North Dakota's best attraction by USA TODAY 10 Best Readers' Choice Award in July.

According to USA TODAY, voters across the country were mesmerized by the Dala Horse, which towers over trees and landmarks at a whopping 25-feet tall.

Along with the striking size and bold artistry of the Dala Horse, the panel from USA TODAY were impressed with the captivating monuments and exquisite landscape of the popular tourist destination.

Described by USA TODAY as a trip across the pond, both experts and voters marveled at the many replicas and statues that celebrate Scandinavian countries, Norway, Denmark, Finland, Iceland and Sweden.

From an enchanting waterfall producing a stream that retires to tranquil ponds to historic homes which surround the Danish Windmill, the stunning landmarks, immaculate landscapes and unique ability to interact with history scored a prestigious victory over a competitive field of statewide contenders.

Marion Anderson, the office manager at the Scandinavian Heritage Park office, expressed great delight for the park's recent accomplishment.

"It's a great honor," Anderson said. "All along, we believed we were number one and it feels nice to earn the award. We're very thankful for all of the voters who voted for us."

According to Anderson, the most popular sight at the Scandinavian Heritage Park is the Gol Stave Church Museum.

As a popular wedding and tourist destination, the Gol Stave Church Muse-



▲ Allan Blanks/MDN - The Danish Windmill is one of several attractions that contributed to the Scandinavian Heritage Park, earning the USA TODAY 10Best Rest Choice Award for best attraction in North Dakota.

▲ Allan Blanks/MDN - Back row from left to right, Joan Varty, David Reiten and Phyllis Burckhard stand beside front row Lois Matson, Marion Anderson and Eva Goodman to celebrate the award winning Scandinavian Heritage Park.

um is both a Magic City landmark and a wooden marvel.

In addition to the wonderment provided at North Dakota's top destination, visitors can experience the Scandinavian Heritage Park, free of cost or provide donations which are used to maintain the popular attraction.

For more information about the



Scandinavian Heritage Park, visit online at www.scandinavianheritage.org or call 852-9161.

How Scandimonium began...

When Chester Reiten and early supporters determined that Minot needed an event to celebrate Scandinavian heritage, they couldn't have dreamed of where Norsk Høstfest would be today.

According to his son, David Reiten, Chester's interest began when he found letters in Norwegian to his family in the old country from the late 1800s and early 1900s. He was instantly curious, so he enlisted a translator and sent a letter to their city in hopes of finding any living relatives. Chester was successful and he began correspondence with his relatives living in Norway. From that point on, Chester wanted "everyone to take great pride in their ancestry and celebrate it," said David, who's taken after his father and now serves as the Norsk Høstfest president.

The first Høstfest was set up as a fall festival where local churches and other groups would bring Scandinavian food and crafts to sell. Duane Brekke, Høstfest board member, remembers when his parents attended the very first Høstfest at the All Seasons Arena. They represented the Sons of Norway lodge in Simcoe. The ladies of the lodge would make Norwegian delicacies like lefse, rømmegrøt and sandbakkels. "They were so excited, they were like high school girls getting ready for a tournament," Brekke said.

From there, with the help of many dedicated volunteers under Chet's leadership, the festival has continued to



A Performers take the stage during the second Norsk Høstfest in 1979.

grow each year. "It continues to evolve," said Reiten. "It's been a fun process because we involve everybody from the people who come to the people in charge of the halls. We figure out what should change, what should stay and what should be added. The evolution is a really positive thing for Høstfest."

Brekke was friends with Chester from the start and saw the evolution first hand. "When we started the General Store, they focused on bringing Scandinavian cheese to the attendees," said Brekke.

"We'd cut little samples to give to people and got them to taste it. Jarlsberg was the biggest one that caught on," Brekke continued. "I talked to the Marketplace Manager in casual conversation and learned that the introduction of Scandinavian cheese to our area made a tremendous difference in their inventory. By sampling, we really made a difference."

Cheese sales isn't the only impact Norsk Høstfest has had on the Minot area. Over the years, Schatz Crossroads started selling lutefisk during Høstfest. Home of Economy started selling more skillets to cook lefse and now even host lefse bake-offs in conjunction with the event.

"We had great leaders from the beginning," said Brekke. "And wonderful volunteers who matched people with the right jobs. Chester told everyone what to do. He was a little forceful, but a terrific leader. Volunteers responded well to him."

The one-day fall festival has now grown to an all-encompassing four-day festival experience at the North Dakota State Fair Center. But the planning team has never lost their do-it-yourself attitude.

In earlier years, Brekke's father, Sam Brekke, hand-

crafted a Viking ship that filled the length of the stage and Duane's wife, Jeanne Brekke, painted it. She also painted the trolls you'll still see throughout the festival.

Becky Piehl coordinates the decorating each year and it takes two to three weeks of volunteer work to transform the North Dakota State Fair Center into a Scandinavian wonderland.

"I give Becky a big heads up for how well she decorates the place each year," said Brekke. "At the beginning, we'd go in the day before, dust off the chairs and tables and go to work. The first year, people even brought their own tables!"

The mission of the event has remained constant, but some of the logistics have changed. According to Reiten, the most notable changes in recent years include adding Viking Village, renting

Easy-going Danes shed identity

Heard any good Danish jokes lately?

Probably not.

North Dakota pioneers from Denmark were much fewer in number than those from, say, Norway.

In addition, Danes tended to quickly become "Americans" and shed their ethnic identity. So, humorists aren't likely to single out this nearly invisible nationality.

"The Danes have assimilated better than almost any (other) ethnic group in the country bar none," says P.V. Thorson, an associate professor of history at the University of North Dakota.

Danes, like Swedes, came from a more urbanized and industrially developed country than did Norwegians, who tended to settle on North Dakota farms.

Thus, in proportion to their numbers, more Danes became businessmen and city dwellers than did the Norwegians.

Thorson says that of the five Scandinavian countries, immigrants from Denmark were the most "easygoing."

Among immigrant groups, Danes generally were quick to learn English and drop old-country customs.

That conclusion is supported in comments from Christus Jacobson, who was interviewed by a field worker with the Works Progress Administration program that operated from 1935 into the 1940s.

Jacobson came to North America with his family as a young boy in 1889. After living for a time in Iowa, they moved to a farm in the Bluegrass area north of New Salem.

"So far as I know, there are no Danish customs practiced by former Danish residents in this region," he told the government writer. "After we got settled, my father decided that all his ideas of government and former methods of life were to be changed and the old life forgotten as far as possible."

Nels P. Jensen, then of Hazen, told the WPA interviewer of coming in 1901 to Albert Lea, Minn., where a brother and several other Danes lived. Jensen, who homesteaded in Oliver County, said he left Denmark because he didn't want to spend three years in the Danish military.

For him, too, the transition was easier than that experienced by some immigrants of other nationalities. "American customs are rather free and easy and not too hard to take up," he said.

up," he said. "And the language never seemed to be so hard to learn, at least I never had a great deal of trouble."

Denmark was the oldest kingdom in Europe, unlike Norway, which had been under the rule of Danish and later Swedish monarchs. Thus, said Thorson, the Danes who emigrated didn't consider themselves oppressed and didn't bring with them a strong spirit of nationalism.

Jacobson noted that in Denmark it was a custom to keep photos of Danish monarchs. "But after we came to America, the pictures of the royal family were given to the children to play with ... and it was not long before they were destroyed by the children."

Waldemar C. Westergaard, writing in the North Dakota Historical Quarterly about Danish settlers in Cass County, suggests that most people in the old country were either artisans, petty tradesmen or householders with a few acres of land.

The earliest Danish immigrants, who came to North Dakota in the late 1870s, left their homeland for two reasons, Westergaard says.

Those from Schleswig, a Danish province that had been acquired by Germany, came primarily to avoid German military service.

The other reason was that in both Schleswig and Jutland (Denmark), wages for common laborers were very poor.

The census of 1890 counted 3,915 foreign-born Danes in North Dakota, out of a total white population of 182,719. But many of the immigrants called Danish actually were Icelanders living in Pembina and Cavalier counties. They were listed as Danes by the census because Iceland was under the control of Denmark.

One of Cass County's earliest Danish settlers, Chester Westergaard, is said to have lived first in Chicago, where he became acquainted with Marcus Thrane, a Norwegian revolutionist who began publishing a radical newspaper in 1869.

Westergaard in 1873 began working as a typesetter and printer and eventually became editor. He moved in late 1876 to Sherbourne County, Minn., where he continued the paper.

 subscriber in the Red River Valley offered Westergaard financial assistance to settle in the Valley after he had discontinued the paper in February 1878. He homesteaded along the Maple River in Cass County and later was joined by relatives from Minnesota.

Danes from Schleswig began arriving in the county in 1879.

Waldemar Westergaard notes that "people of the settlement took up the English language easily."

Although Danish and Norwegian newspapers were kept in nearly every home, "children rarely spoke to each other other than in English."

There were more English than Danish books read by the early settlers. Westergaard says the library in the local school district had only three or four Scandinavian books out of more than 400 volumes.

A few years later, Danes came to the Kenmare area and nearby Bowbells. According to Ward County's 75th anniversary book, a committee of three elders from the Danish Lutheran Church visited the vicinity in 1896 looking for a place to establish a colony.

Robert Čory, who compiled the book, said the churchmen surveyed Oklahoma, Michigan and other states before deciding to locate immigrants at Kenmare.

In the spring of 1897, a large group of Danes arrived and settled in what is now Denmark Township, Ward County.

In 1910, Danish immigrants constituted 19.8 percent of the foreign-born population in Ward County. A census 10 years earlier counted just six Danes in all of Ward.

A survey completed in 1965 by the Rev. William Sherman, a North Dakota State University sociologist, counted 588 North Dakota "rural" households of primarily Danish descent. That was equal to 1.3 percent of all rural households.

Largest numbers of rural Danes were north and northwest of Minot, in Ward, Burke and Renville counties, and in Cass County.

Sherman's 1965 survey showed that only one of the state's 588 rural Danish households was in Pembina County, where the 1890 census had identified greater numbers of Danish immigrants, many of whom really were Icelanders.

A Danish mill has been restored and is maintained in Kenmare as a tourist attraction and monument.

ICELAND QUICK FACTS

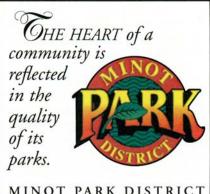
43.5 AVERAGE HOURS WORKED PER WEEK

1989 THE YEAR BEER BECAME LEGAL IN ICELAND

AVERAGE # OF YEARS THERE IS A VOLCANIC ERUPTION

BABIES IN ICELAND ROUTINELY ARE LEFT OUTSIDE TO NAP — EVEN IN FREEZING TEMPERATURES

> **B66.9** HIGHEST TEMPERATURE ON RECORD



MINOT PARK DISTRICT 420 Third Avenue SW • 857-4136

EEVES A MAJORITY OF ICELANDERS BELIEVE IN THEIR EXISTENCE

39,000 SQUARE MILES OF ICELAND – CLOSE TO SIZE OF OHIO

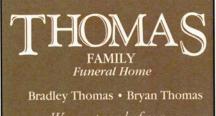
APPLEP FORGET IT — FIRST NAMES MUST BE APPROVED BY THE ICELANDIC NAMING COMMITTEE

PICKED LAST ICELAND WAS ONE OF THE LAST

PLACES ON EARTH TO BE SETTLED BY HUMANS

PERCENT OF ENERGY THAT COMES FROM RENEWABLE RESOURCES

2010 YEAR ICELAND BANNED STRIP CLUBS



We are proud of our Swedish Heritage via the Quist and Chelgren (Johnson) lineages. **NOL** OWNING A PET SNAKE, LIZARD OR TURTLE IS AGAINST THE LAW



GBBO YEAR DEMOCRACY WAS ESTABLISHED - ONE OF THE OLDEST IN THE WORLD

THIS BITES MOSQUITOES DO NOT EXIST IN ICELAND

LANGUAGE ICELANDIC REMAINS UNCHANGED FROM ANCIENT NORSE

> ARCTIC FOX THE ONLY MAMMAL NATIVE TO ICELAND

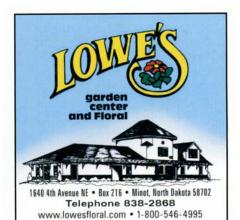








Photo Finish

The Scandinavian Heritage Park was chosen by North Dakota State Tourism to be the showcase of their latest commercial featuring Josh Duhamel. It was a hot July night, but we managed to keep smiles on our faces, even if we were drenched in sweat. Thank you to everyone who stuck with us through the shooting. Judging by the photo outtakes, the commercial is going to be amazing.





Josh Duhamel taps into his Scandinavian roots during a ND Tourism commercial filmed at the Scandinavian Heritage Park. Duhamel is part Norwegian and was inducted into the Scandinavian-American Hall of Fame in 2012.









 Little lutefisks dance around Norsk Høstfest's Dala Horse.
 Wanda Newman Thymian Schall wears a 100+ year old bunad that once belonged to the Ramstad family.





A Martha Elliott, Helene Anderson and Diane Draovitch done their bunads during the photo shoot.

72 Hour Cabin

The Swedish quality of life is famously high-ranking. What's the secret? A new case-study will investigate the effects on health of living in Swedish nature. What if it could make us feel better – and in only 72 hours?

To find out, Sweden is launching 'The 72 Hour Cabin'. For three days, five people with some of the most stressful jobs will experience the Swedish 'close to nature' lifestyle, whilst their well-being is measured by leading researchers. During the study, the participants will stay in custom-built cabins made of glass to be as close to nature as possible.

The aim of the project is to explore the effects of the unique relationship Swedes have with nature – and to invite the world to experience it too.

The case-study has been developed with two leading researchers, Walter Osika and Cecilia Stenfors, from the Karolinska Institute in Stockholm, one of the world's foremost medical universities. The results of the study will be presented in October.

What is 'The 72 Hour Cabin'?

The 72 Hour Cabin is a Swedish initiative, inviting people with some of the world's most stressful jobs to experience Sweden's 'close to nature' lifestyle, to see what effect it has on their well-being.

How does it work?

Five people from Britain, Germany, France and the USA, have been invited to live in glass cabins for 72 hours in Sweden's nature. During their stay, they will take pleasure in common Swedish outdoor activities such as swimming, fishing and cooking. Their well-being





- based on parameters such as stress levels, problem-solving and creativity - will be monitored in a case-study developed in collaboration with leading researchers, Walter Osika and Cecilia Stenfors, from the Karolinska Institute in Stockholm.

The cabins are located on Henriksholm Island, two hours north of Gothenburg in the west of Sweden. The island is 60% forest and 40% grazing for highland cattle. Each participant will be accommodated with a private cabin in order to be as close to nature as possible.

Who has created it?

The initiator of 'The 72 Hour Cabin' is Visit Sweden, in collaboration with Turistrådet Västsverige (West Sweden Tourist Board).

When will it take place?

The project takes place September 7-10, 2017, and its results will be published to a global audience on 10 October.



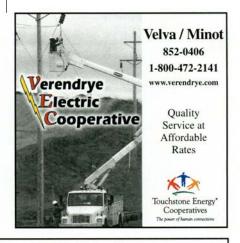
▲ Tanya Tucker & Bud Grant have fun at Norsk Høstfest in 1991.

40 YEARS: Cont. From Page 9

additional venue space to support more exhibits, upgrading Høstfest University and recruiting Scandinavian acts.

Throughout this publication, you'll learn more about the new features added to celebrate the 40th anniversary like a larger than life kransekake, a Royal Reunion and more.

When you combine a dream with some hard work and fantastic people, anything is possible — even 40 years of Scandimonium and the title of North America's largest Scandinavian festival!





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Time goes By and By at the Dakotah Rose B&B



In 1906, Minot was just 23 years old. After the creation of the Great Northern Railroad, the Magic City had sprouted up seemingly overnight and became a thriving city. Living in the boomtown was Addie Carr and her husband Dr. Andrew Carr Sr.–who was one of North Dakota's earliest medical specialists. The Carr's were one of the most prominent families during the era, and being inside their once home makes it easy to imagine that you are a member of the Carr family. The house is one of the few testaments of how wealthy North Dakotans lived during the Minot's prime. The large home was designed by a Minot architect by the name of

William Zimmerman, whose design aspiration for the Carr home was to marry the victorian style homes of the past with the classical style that was popular in the city at the time. The current owners and operator's of the Dakotah Rose are Jim and Carol Carr, who sadly say there is no relation between their family and the original Carr family of the home. Carol Carr said the Dakotah Rose hosts people from all over the world, and says their guests are those who want something different that another hotel.

Carr said each B&B has it's own style and has something different to offer, and the Dakotah Rose's most special attributes are the wood work, beautiful grounds and the porch. The 8,000 square foot home sits on one and a half acres of beautiful property, with a lush garden and grand gazebo. The immaculate riverfront property 6 unique bedrooms, four private baths, (two share a bath), cable and internet, a full breakfast, cookies, beverages and dinner is available by reservation. The house has a parlor, tearoom, library, music room and a porch that wraps around the home. Also inside the home are old-timey quirks that



simply beg to be explored. To get a sense of the affluence of the Carr family, you can find the butler stair case, butler's bells on each floor, and you can even stay in the butler's quarter's on the top floor. You can find tiffany stained glass windows in the home, and the house also has much of the original flooring and wood work– though some was destroyed in the 2011 flood.

Hidden in the upstairs music room is a chest of dress-up clothes that are from the house's era. The Dakotah Rose often hosts Children's Dress up Tea Party's, where kids can come and get a historical taste of Minot. The Dakotah Rose hosts other occasions as well such as weddings, receptions, high teas, lunches, dinners, and themed picnic basket dates.



To get an authentic feel of the Magic City, stay at the Dakotah Rose Bed and Breakfast: located at 510 4th Avenue NW. CHANGE SERVICE REQUESTED

Scandinavian Heritage Alssociation

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