

FREE!
TAKE
ONE

Published in the interest of
North Americans of Scandinavian descent

Scandinavian Heritage News

Winter 2017



▲ This gingerbread city is a big deal! Read more on page 4.

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President's Message

Once again the beauty of the Christmas season is here. Thanks again to John Sinn, Bob Whetter and the Minot Park Board for decorating the park so beautifully. It takes many days and hours to get this job accomplished—if you see them tell them you appreciate their efforts. Many look forward to the park lighting each Christmas season.

The park has had a very eventful and exciting season. One of the highlights was being voted as the #1 USA tourist attraction for the State of North Dakota. Another was the photo shoot night for North Dakota Tourism which featured Minot's own Josh Duhamel and his son, Axl. We also had several international tour directors visit our park—they had attended the Rocky Mountain Internationals' annual convention which was held in Bismarck. There were 11 weddings in the Gol Stave Church as well as several outdoor weddings.

Open house was held in the Gift Shop on November 27, 2017. It was a good afternoon with many attending. Treats that day were provided by Liz Gjellstad, Gail Peterson, Adelaide Johnson, Doris Slaaten and Visit Minot. Special thanks to them. There are many items in our gift shop—stop by and do some shopping with us. We do have the Scandinavian calendars (Norway, Sweden, Finland and Denmark) for sale—they



make nice gifts. We also have a large variety of books, children's books, Høstfest items, Pride of Dakota items, souvenirs, etc. A new item this year is a card game called "Uff-da". We also have Glogg available—that is a traditional Scandinavian winter drink (non-alcoholic).

The park volunteers were honored with a supper in November—see the article by Joan Varty, Volunteer Coordinator for the park. Thank you too to our office volunteers—Marilyn Wagner, Lois Matson, Joan Varty, Eva Goodman, Marilyn Fiedler and Helene Anderson. Right now is the slower time of the year and the office will be closed from December 18, 2017, through January 1, 2018. Marion Anderson can be contacted during that time in case something needs to be addressed those two weeks—telephone number is 721-8677.

Events to mark on your calendar: SHA Annual Meeting, Saturday, January 27, 2018, at 10 a.m. Annual Banquet: April 28, 2018, Grand Hotel, 6 pm.

Wishing all of you a very Merry Christmas, Happy New Year and a safe holiday season.

— Gail Peterson, SHA President

Scandinavian Heritage News

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Newsletter Committee
Lois Matson, Chair; Al Larson
Editor: Leann Mellum
Please submit articles to scandha@srt.com

Scandinavian Heritage Association

1020 S. Broadway • PO Box 862
Minot ND 58702
(701) 852-9161 • scandha@srt.com
scandinavianheritage.org

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Jordon Lakoduk	<i>Vice President</i>
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Three-year terms ending January 2019

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Three-year terms ending January 2018

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Winter 2017 Calendar

• **January 20, 2018 – John Sinn 97th birthday**

• **January 27 - SHA Annual Board Meeting. 10 am, Scandinavian Heritage Center, lower level**

• **February 5, 2018 – George Officer 98th birthday**

• **April 28, 2018 – SHA Annual Banquet – Grand Hotel**

• **May 17, 2018 – Norsk Høstfest tickets go on sale**



Catch us on Facebook!

<https://www.facebook.com/ScandHeritPark/>



Photo by Amanda Punt

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 of visitors each year from around the world.

As a member of the Scandinavian Heritage Association, you help support:

- Interpretive Tours of the Park
- The Heritage House Museum
- Local School Field Trips
- "Midsommer Natt" Celebration
- 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) 852-9161 or 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 Banquet

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The world's LARGEST little city

Bergen the home of the world's largest gingerbread city

VisitNorway.com

The populace of Bergen are surely some of Norway's fiercest local patriots. When combined with the Christmas holidays, this love for their home town tends to spark some extraordinary ideas.

Like, for instance, building the world's largest gingerbread city, Pepperkakebyen.

Every year since 1991, kindergarteners, schoolchildren, local businesses and thousands of other volunteers have participated in the construction of everything from tiny homes to local landmarks, trains, cars, boats and international signature buildings.

The gingerbread city is not the only one in Norway. They're also being built in places like Finnsnes, Stavanger, Ham-



merfest, Hamar and Bodø.

Americans with Norwegian roots living in Duluth, Minnesota have also started their own gingerbread city tradition, inspired by Bergen.

Still, Pepperkakebyen in Bergen is in a league of its own. To illustrate just how much it means to the people of Bergen, it's enough to look at the one time the

gingerbread city was attacked.

Back in 2009, a drunk young man gained entry into Pepperkakebyen shortly before it was due to open and broke most of the tiny houses kids and other volunteers had painstakingly built. Only 14 houses remained.

CITY: Cont. On Page 6



CITY: From Page 5

The shock and anger at the news was enormous, and a reward of 100,000 Norwegian kroner was put up for any information that could resolve the case.

The grand opening was postponed by a week, allowing for an intense volunteer effort in rebuilding Pepperkakebyen. Thus, the people of Bergen were

spared facing a Christmas looking out on a gingerbread wasteland.

When the culprit was arrested, he wrote a long and heartfelt letter apologizing for his behaviour. After meeting the committee overseeing Pepperkakebyen, they forgave him.

“Before we met him the first time,

our initial idea was to protect him. We believe there’s usually more good to be gained from help and protection than traditional ‘punishment’”, Pepperkakebyen mayor Steinar Kristoffersen told the Norwegian newspaper VG.

The Christmas spirit seemed to inspire the rest of Bergen’s populace as well.

“It seems people are in a holiday spirit and ready to forgive. We have 20,000 members on Facebook, and many of them have already messaged us saying they forgive him”, Kristoffersen said.

The years since have gone by with little in the way of gingerbread drama. After seeing how Bergen reacted back in 2009, perhaps it’s no wonder that vandals now think twice about going near Pepperkakebyen.

This year’s grand opening was on the 19th of November, and Pepperkakebyen is now open to the public throughout December. Which means it could easily be combined with a trip to one of Bergen’s Christmas markets.

Shedding light on an ancient tradition: St Lucia Day

The martyr who died in Italy became the most popular saint of the North.

During the 3rd century a girl named Lucy (Lucia in Latin) was born to noble parents. At an early age Lucy dedicated her virginity to Christ, but her mother was not aware of it and arranged to have her married.

Lucy refused on account of her private vow and the man she was supposed to marry turned her in on account of being a Christian. This led to a gruesome martyrdom, where her eyes were gouged out prior to being killed. She died in Sicily, but her fame

soon spread throughout Europe. When Christian missionaries reached Scandinavia they brought the story of St. Lucy with them and her life and death fascinated the local population.

Her name is derived from the Latin word lux, meaning “light,” and there was another story from her life that said she wore a crown of candles to help her see in the Christian catacombs.

Lucy’s connection to light resonated with the Scandinavian people who celebrated the Winter Solstice (the darkest day of the year) near the time

of her feast day, December 13. She was a light in a dark place and her faithful example enlightened their hearts and minds for many centuries after.

Many ancient songs from Sweden highlight this symbolism, such as this one.

*The night treads heavily
around yards and dwellings
In places unreached by
sun,
the shadows brood
Into our dark house she
comes,
bearing lighted candles,
Saint Lucia, Saint Lucia.*

From the intense devotion surrounding St. Lucy sprang the many traditions of St. Lucy’s Day. In various Scandinavian countries there developed Lussi-brud, a tradition where the oldest daughter in the family wears a white dress and red sash with a crown of candles on top of her head. She wakes the family on December 13 and serves them various sweets.

St. Lucy’s Day is a great feast of preparation for Christmas, one that signals the coming of the light of Christ on Christmas day.

Lakes, Coffee and Santa Clause

Finland turns 100

One hundred years ago, following the Russian Revolution, the Republic of Finland was born. On 6 December 1917 Finland became a nation state with its own identity, language, cuisine, traditions and culture.

#Suomi100 has been tweeted almost 33,000 times in the past week, and #Finland100 almost 14,000 times.

So what is unique about Finland? Five Finns tell us their favourite things about their country from the "real" home of Santa Claus, to the Finnish baby box.

#1. 187,888 lakes

"My favourite thing about Finland is its many lakes," says photographer Jason Tillikainen, who lives in Joensuu in the south east of Finland. "I love how they change throughout the year, providing amazingly tranquil scenes that inspire my photography.

"There's also nothing quite like coming out of a hot sauna and jumping right into the cool and fresh water. Good times!"

#2. Finnish babies nap outside

Finland is the home of baby box. "The history dates back to the 1930s when the first versions of it were introduced," says Heikki Tiittanen, father of three and CEO of Finnish Baby Box.

"In the beginning, the baby

box was a means to support especially poor families and ensure that mothers were included in the national health-care system."

All Finnish families are entitled to a free baby box that contains approximately 50 childrearing items, such as clothes, hygiene products and sleeping items. The box itself is designed to be used as a safe baby bed.

Leena Karppinen, PR coordinator at Helsinki Marketing, and resident of Finland's capital, used one for her son.

"Finnish babies nap outside - even during the winter. Proper clothing is essential and in the baby box there is always a blanket and winter outfit for the newborns.

"My son loved to sleep outdoors, and only outdoors, as a baby and so we went out strolling even though it was -23C."


#3. Santa, sleighs and beavers

Some claim the real home of Santa is in Finland's Lapland, rather than the North Pole.

Finland: Cont. On Page 10



▲ Cindy Carlson, Bruce Carlson, Marion Anderson, Carla Phillips represents the Finns during the 100th Celebration party at the Scandinavian Heritage Center on December 6.

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Strange Finnish Sports

They have some of the world's strangest sports when it comes to eccentric past-times, Finland is a gold trophy winner.

Strangest of all is the Wife Carrying World Championship. Taking place in Sonkajärvi every July, the extreme obstacle course event has carried over to an international phenomenon, with couples from Denmark, Hong Kong to Australia and beyond traveling to the country to take part. It's an odd way to spend a honeymoon, but we're not ones to judge.

Other esoteric sports that host their annual world championships in Finland include mosquito hunting, mobile phone throwing, swamp football, rubber boot throwing and the Air Guitar World Championship.



Oh Deer!

Special guest visits Minot Park

Kim Fundingsland

Minot Daily News

No jolly guy with a white beard and red suit. No snow. No special occasions. But it was quite a sight that brought broad smiles from friendly, happy and very inquisitive observers.

Brandon Beesley was taking a reindeer for a walk mid-day Monday at Minot's Scandinavian Heritage Park on South Broadway. Even among the impressive structures at the park, it was the reindeer that proved to be the center of attention.

"They are the only domesticated cervid there is," said Beesley while holding a leather lead and gently petting his reindeer.

Beesley has six reindeer – three bulls and three cows – at his family owned Cozy Corner Reindeer Ranch located on County Road 15 north of Burlington.

"I thought it would be pretty cool if we raised a few on my 10 acres and give people some smiles," said Beesley.

The idea for raising reindeer came after Beesley's brother did a DNA test to determine family ancestry. The results showed a family connection to tribal Yakuts who live on the cold and foreboding tundra region of northern Russia. There they rely on reindeer for survival in the harsh climate that includes long periods of darkness.

"Reindeer can see in the dark. They are adapted to see ultra-violet light from the dark nights at the North Pole," said Beesley.

Cozy Corner reindeer have begun making some holiday appearances in the area. The animals are always well received, but some people are surprised at those reindeer that are not sporting antlers.



▲ A reindeer and owner Brandon Beesley took a walk through Minot's Scandinavian Heritage Park Monday. Beesley is the operator of Cozy Corner Reindeer Ranch north of Burlington.

"Everyone knows the tradition of Santa Claus," explained Beesley. "People assume that Santa's reindeer are all boys. They're not, because the bulls drop their antlers before Christmas. The cows are the only ones with antlers at that time."

Recently Beesley achieved a training milestone of sorts. He had a reindeer pull him on a cart for about three miles. All went well. The reindeer responded to commands by reins and voice.

OH DEER: Cont. On Page 9



OH DEER: From Page 8

"A year and a half of wrestling matches and I've finally come out on top," laughed Beesley.

North Dakota is about as far south as reindeer can be. They have wide hooves for walking on snow and ice and very thick fur, perfect for northern climates. The long seasons of cool and cold weather in North Dakota are what makes it possible for reindeer to live comfortably outside of their far north habitat.

Reindeer can be very friendly or a bit ornery. There's been times when Beesley has been cornered in a stock trailer by a bull with its head lowered.

"Funny thing, people assume that reindeer are snugly creatures and easy

to approach. They are not that way at all. My kids can't go into their pen by themselves. They are not like a horse," explained Beesley. "Each one has a different personality. I know what days I can do different things with them by how they are acting."

The reindeer Beesley had in the Scandinavian Heritage Park on Monday was on his best behavior while being led through the park and posing for photographs.

"He's doing great," said Beesley. "Pretty cool."

It was as if the reindeer knew that people were there to see him and, on his best behavior, was proudly soaking it all in.

This article was originally published in the November 28, 2017 Minot Daily News.

SHA Memorial Gifts

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

UNDESIGNATED MEMORIALS

- Ernie & Marilyn Selland, given by Jeanne McNea
- Ernie Selland, given by Marjorie Moorhead, Maynard & Corinne Dahl, Donald & Beverly Ellingsberg, Audrey Hugelen, Tim & Lynn Hedahl
- Richard "Dick" Anderson, given by Jeanne McNea, Kecia Fagerland, Myron & Marion Anderson, Thomas Family Funeral Home, Helene Anderson, Verla Hodgson
- Mel Bugbee, given by Cordell & Rhonda Bugbee
- Francis Braaten, given by Mr & Mrs Byron Keller
- Orlin Backes, given by John Sinn

UNDESIGNATED DONATIONS

- Marilyn Wagner

HERITAGE HOUSE MEMORIAL

- Ernie & Marilyn Selland, given by Lois Matson,
- Francis Braaten, given by Lois Matson

SWEDISH SOCIETY MEMORIAL

- Richard "Dick" Anderson, given by Lois Matson

DONATIONS TO PARK

- Orville & Virginia Wass, Marilyn Wagner, Rustad Tours, Ride Reading Bus, DeJong Tours, Homespun Tours, Frontier Bus Lines, Brekke Tours & Travel, Soo Line Historical Tour group

NEW MEMBER

- Deborah Feyh
- Bradley & Anna Tengesdal

THANK YOU!

We had a great Open House on November 28! The open house was a joint effort between SHA, Visit Minot and Norsk Høstfest. Thank you for attending.



SHA honors volunteers in November

A Volunteer Appreciation Supper Was held in the Sons of Norway Room November 9th. A delicious meal of Finnish Stew and a variety of breads was served. The meal was topped off with a yummy brownie and a scoop of ice cream. President Gail Peterson stopped by to greet and thank our guests. Board members were invited to this meal.

People that had spent time in the park as volunteers were invited. Some guides volunteered 4 hours each week. Other people worked as substitutes for the regular guides. It was a common thing for these people to stop at the office to report how many guests from other countries had visited on their shift. Also many stories concerning the fun and learning conversations that had

taken place that day.

The park was spruced up when volunteers grabbed paint and brushes to cover tables and benches with a fresh look. We had a volunteer that trimmed and shaped bushes to tidy up the areas.

The Park had a lovely look because of guides that spent spare time besides greeting and informing guests, pulling weeds, picking up trash and doing anything that made our guests know of the feeling of pride Minot has for this park. The smiles and greetings extended to guests assured them they were indeed welcome. We cannot forget to mention the hours Bob Whetter and John Sinn and their crew worked opening and closing, maintaining everything and just making it all happen.

These people saw the result of their efforts when The Scandinavian Heritage Park was voted the Top Tourist Attraction in North Dakota by USA Today Voters choice.

The volunteers that manned the buildings in the Park during the Norsk Høstfest were invited to this appreciation supper. Lots of office hours were spent filling the slots each day. Volunteers that set up the computer to be used in the book store at the Høstfest were on the guest list. The office staff was also invited.

Hope this becomes an annual way of saying Thank You to all the people that volunteered this year.

Marion and Joan say Mange Takk and Kiitos Paljo !

Finland: From Page 6

“The home cavern of Santa Claus, SantaPark, is located in Rovaniemi. It is a Christmas-themed park 50m below the Arctic Circle,” says Saila Wilhelmsen, marketing manager at SantaPark, and representative of the “real” Santa.

“The Laplanders got the idea for the sledge by following the activities of the beaver when building its winter nest called a lodge,” she adds.

“The beaver holds onto large bunches of aspen twigs used to build the lodge and lies on its back while another beaver pulls it along. The sleigh is made with the same old methods as the sledge.”

#4. 70 days of light

“I love the contrasts and



▲ All Finnish families are entitled to a free baby box that contains approximately 50 childrearing items, such as clothes, hygiene products and sleeping items. The box is meant as a safe sleeping bed.

extremes of this country,” says Heli Jimenez, Director, Head of Marketing for Visit Finland. “Nature is different depending on the season. And all this affects the people. We are calm, sometimes even silent in

the winter, but in the summertime the whole country changes.”

In winter there isn’t much sunlight and in some parts of the country the sun doesn’t rise above

the horizon for 52 days.

While in summer Heli says days can be everlasting as there are some areas where the sun doesn’t set for 70 days.

#5. We love our coffee

“It is perhaps slightly odd that we love our coffee as it does not actually grow in this part of the world,” explains journalist Niilo Simojoki, who splits his time between his office in Helsinki and his home in the Tuusula countryside.

“We are world record holders in coffee consumption per capita. If someone pays you a visit, you’re supposed to make some coffee - no question about it!

“A lot of offices are observing a ‘coffee pause’ today in honour of Finland’s one hundredth birthday.”

FINLAND QUICK FACTS

1917

YEAR FINLAND GAINED
INDEPENDENCE FROM RUSSIA

179,888

NUMBER OF ISLANDS

1 QT

AVERAGE MILK DRANK PER DAY BY
FINNS. HIGHEST IN THE WORLD

FAILURE!

OCTOBER 13 IS THE ANNUAL DAY
FOR FAILURE CELEBRATION.
BETTER LUCK NEXT TIME LOSERS!

1913

YEAR THE TANGO HIT FINLAND'S
SHORE AND IS THE CRAZE STILL

SAUNA

THE MOST USED FINNISH WORD
OUTSIDE THE MOTHER COUNTRY

187,888

NUMBER OF LAKES WITHIN
THE TERRITORY OF FINLAND

FINES!

SPEEDING FINES ARE CALCULATED
BY A DRIVER'S ANNUAL INCOME

HANG UP

YOU WON'T FIND A SINGLE
PAYPHONE IN FINLAND. BETTER
BRING YOUR OWN CELL!

5.3 MILLION

POPULATION OF FINLAND

2 MILLION

NUMBER OF SAUNA'S
IN THE COUNTRY

3000 BC

THE YEAR FINLAND
INVENTED ICE SKATES

ROCK OUT

FINLAND HAS THE MOST HEAVY
METAL BANDS PER CAPITA

10 MILLION

NUMBER OF ANGRY BIRD TOYS
SOLD. ANGRY BIRDS WAS CREATED
IN 2009 AND BEEN A HIT SINCE

NO TRESPASSING

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ROAM. SO SLEEP, SWIM, SAIL, FISH,
EXPLORE WHERE YOU WANT

1994

THE YEAR FINLAND CREATED
THE FIRST INTERNET BROWSER

1977

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INVENTED AS A TRAINING AID FOR
THE FINNISH NATIONAL CROSS
COUNTRY SKI TEAM

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of its
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▲ Jonna Jinton performs the Swedish herding call. Listen to it online at <https://www.facebook.com/jonnajinton/>

“Call the Cows Home”

By Ila Lovedahl

Swedish Heritage Society - NWND

“Come, Bossie! Come, Bossie” is a farmer’s call to get the cows home for milking across many farms in the past decades in the Upper Midwest. Or one might have had a dog who was trained to bring the cows back to the farm. When the cows saw the dog running lickety-split for them, they immediately began the march to the barn.

“Kulning” is a herding call used in some parts of Norway, Sweden, Finland, and Russia. The song form is used to call cows, goats, etc., down from high mountain pastures where they have been grazing during the day. It is often used by women as they were the ones tending the herds and flocks. However, there are recordings of men who sang the songs also. It is possible that the sound also served to scare away wolves, bears, etc., but that was not

the purpose of the song.

The song has a high-pitched vocal technique, i.e. a loud call using head tones so it can be heard or be used to communicate over long distances. It has a fascinating and haunting tone, often conveying a feeling of sadness.

When a call is made in a valley, it rings and echoes against the mountains. The animals, a number of whom wear bells tuned so that the livestock’s location can be heard, begin to respond to the call, answering back and the sound of the bells indicates that they are moving down the mountain towards their home farm. The cowbells may have been used for generations of a family so that some of the older animals know the sounds and become the “lead” animal of this walk home. Herds are quite small, maybe 10 to 15 cows.

To us the sound of the songs may resemble yodeling. Kulning

has not been used in any religious rituals. The farmers have used it in stock-raising since the medieval times. It is a waning tradition today.

Norwegian composer Edvard Grieg used kulning in a few of his musical compositions for piano and for orchestra. An early Norwegian opera was half soprano aria and half kulning. Some Scandinavian folk groups also incorporate kulning.

To hear the haunting tones of a herding call, go to <http://www.facebook.com/jonnajinton>. In 2013 the famous Disney movie Frozen featured traditional Norwegian kulning by the vocalist Christine Hals.

Take the time to go to YouTube and see what you can discover. Talk to people, explain what you have heard and read, and maybe you can report to this magazine your findings on kulning and how you may have used it without knowing you have! Enjoy!

Skijoring | Your new favorite Scandinavian sport

By Katy Kelleher

MaineToday.com

Thanks to an activity known as skijoring, you and your dog can answer the call of the winter wild.

It's that time of year again, when snow conspires with holiday events to keep us indoors and out of shape. Unfortunately for our canine companions, the demands of the holiday season often show up on their waistlines as well, making winter poundage a problem for owner and pup alike. But it doesn't have to be that way. Thanks to skijoring, you can now exercise alongside your dog.

Although we have the perfect climate for this cold-weather activity, many people are unfamiliar with the Nordic sport.

"Skijoring has always been much more popular in Scandinavia," said Steve Crone, owner, musher and sled dog trainer at New England Dog-sledding. "For a long time, the sport was practiced primarily by Swedish military and used for running supplies, but after it was introduced to Alaska, it caught on fire."

Skijoring combines cross-country skiing with the basics of dog sledding to create a winter workout that benefits owner and dog alike.

"Any dog who enjoys long runs will most likely enjoy skijoring," Crone said. "Running sports allow a dog to do what they instinctively want to do all the time – they want to run out in front of you and be the wild one on the forest's edge." Skijoring allows you to indulge their animal needs while getting a workout of your own.

And don't worry if you don't have a blue-eyed husky. Many breeds can



▲ The Scandinavian sport of Skijoring is becoming more popular in the United States.

participate in skijoring, as long as they are strong enough and capable of leading. (Crone recommends skijoring for dogs over 30 pounds). Since the dog is attached to the skier by a harness and a long bungee leash, they must be able to run out ahead of their master for extended periods of time without coming back and tangling the leash. Furthermore, in order to skijor, you have to be a competent skier. "Skijoring is not about a dog pulling a human being," Crone said. "It is a human being skiing with the dog as they're pulling. The skier has to put in half the effort."

While there are many books on skijoring, most professional mushers suggest that you first train with an expert, or at least educate yourself on proper etiquette. One way is to attend a race, where you can observe entire dog teams in action. You also can work with a musher and his dogs to help prepare your furry friends for life on the trail.

Have we piqued your interest yet? If so, here are a few ways you can learn more.

WHERE TO LEARN

Once you have a feel for the sport, you can bring your dog to a lead trainer. "Most people who train animals know that other animals can train each other faster than a human can," Crone said. "I often take an untrained dog and attach them to a well-trained lead dog. The lead dog acts as an anchor for the neophyte dog, helping them learn commands." If you have a well-behaved dog that loves to run, this may be the perfect way to keep him in shape. Lessons with trainers can run around \$100 for two hours.

Another benefit of training with a professional is that you don't have to bring your own dogs. Most companies that offer sled dog adventures have teams of trained dogs at the ready.)

WHAT TO BUY

Make sure your dog is properly outfitted so you can practice at home. Most cross-country skis will do, but never use metal skis because the sharp edges can be dangerous

SKIJORING: Cont. On Page 14

Thor Lodge News

By Martha Elliott

Secretary Thor Lodge 4-067, Sons of Norway

MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM THOR LODGE

This holiday greeting is sent to all of you from the members of Thor Lodge, Sons of Norway in Minot.

Thor Lodge has had a very busy year with our cultural classes offered

to members, hosting the two bazaars, having a booth at the Norsk Høstfest and celebrating with a Yulefest and of course we celebrate Syttende Mai.

Our Yulefest was celebrated on the 18th of December with a dinner, program and door prizes. A very enjoyable evening for all the members who attended Yulefest.

Thor Lodge officers for 2018 will

remain the same as 2017. We will have our District IV Convention in Bismarck in June, followed by the International Convention in August in Minneapolis.

Thor Lodge members wish all of you a very happy holiday and a very good 2018.

AGAIN, MERRY CHRISTMAS AND A HAPPY NEW YEAR - FROM THOR LODGE

Dakota Finnish Society News

Høstfest is past and the Christmas season is upon us. Our booth at Høstfest did very well—always a lot of work but fun at the same time.

One always gets to see so many old friends and meet new ones at Høstfest. Soile Anderson from Minneapolis (originally from Finland) was at Høstfest this year—she is a caterer and master at food presentation and quality. Her banquets in Minnesota are such fun and inspirational. Soile

was inducted into the Scandinavian American Hall of Fame this year (two years in a row we have had a Finnish chef inducted).

Pikkujoulu is December 9 when we will have a catered meal, entertainment, door prizes and distribute some donations to different charities. The sauna will be hot for anyone wishing to participate.

Finland is celebrating 100 years of independence on December 6.

Many celebrations are going on all over the country where there are Finns—especially Minnesota. It would certainly be fun to get in on some of the activities. Finland does very well—they have a lot of *sisu* (fortitude and determination)—they have survived all of these years residing next to Russia and some of the times have not been pleasant with the “bear” neighbors.

SKIJORING: From Page 13

for dogs.

For harnesses and leads, experts recommend either Mountain Ridge or Nooksack Racing Supply. Harness, belts and bungee lines can cost less than \$100, making skijoring a far more affordable option than other winter sports (we’re looking at you, overpriced lift tickets).

When it comes to practicing, Crone suggests a level surface. “Frozen lakes are great for beginners,” he said. “Or snowmobile trails can be a nice option, too.”

Just make sure you stay safe and start out slow. Most dogs take a little while to get up to speed. But the good news is that if you catch the skijoring bug, you can train year-round. Once mud season comes, just



◀ A trio of poodles enjoy a run on a wintery afternoon. It doesn't matter the breed, most athletic dogs can go skijoring. *Ler more at www.skijorusa.org*

lace up your bike shoes and head out on two wheels.

Happy trails!

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