

**FREE  
TAKE  
ONE!**

*Published in the interest of  
North Americans of Scandinavian descent*

# Scandinavian Heritage News

Summer 2019



Trollina and Olaf visited the Scandinavian Heritage Park on Syttende Mai.

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## PRESIDENT'S MESSAGE

Our annual banquet was once again a great success. We would like to thank our special guests Vox Humana and Austin Feist for spending the evening with us. Vox Humana displayed their wonderful musical talent and Austin spoke about his adventures in Sweden. We would like to extend a huge thank you to the local businesses who donated items to our silent auction and to everyone who attended. This event wouldn't be possible without the time and hard work that our Banquet Committee puts into organizing this event. A huge thank you to Liz Gjellstad, Tessa Nesheim, Helene Anderson, Curt Medalen and Adelaide Johnson for organizing the important details of the program. Thank you to Marion Anderson and Sue Weston for the countless hours spent in the office getting the silent auction details in order. Once again, thank you to all who attended. This event is crucial to the growth of our park.



ing, we can finally get started on a couple projects in the park. We have been looking into a couple memorials, a new flower bed for the entrance of the park, along with updating the exterior of the Heritage House. Details are still pending but we are excited for these projects to get underway!

Mark your calendars for Wednesday, June 19th. We will be hosting the Mid-Summer night event in the park again. Please join us for musical entertainment, food and a bonfire that evening! Festivities start at 5:00pm.

We are continually searching for volunteers to help keep our buildings open during the summer months. If you or someone you know would like to volunteer, please contact our office at 701-852-9161 or visit our website at [scandinavian-heritage.org](http://scandinavian-heritage.org)

Hope to see you all in the park this summer!

Peace, Love, and Lefse!

— Jennifer Lock  
SHA President

### Scandinavian Heritage News

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### Scandinavian Heritage Association

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[scandinavianheritage.org](http://scandinavianheritage.org)

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## SUMMER 2019 Calendar

- **June 5** —Denmark Constitution Day
- **June 6** —Swedish Flag Day
- **June 19** —Midsummer Night, Scandinavian Heritage Park
- **July 19 -27** —ND State Fair
- **July 20** —ND State Parade
- **August 3** —100th Year Celebration of Wing Finn Hall
- **September 24** —Scandinavian American Hall of Fame Banquet
- **September 25-28** —Norsk Høstfest





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

## SHA MEMBERSHIP APPLICATION

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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☐ Sustaining Member ☐ Sponsor Member ☐ Benefactor Member

**PAYMENT** ☐ Check ☐ MC ☐ Visa ☐ Discover ☐ Am. Exp.

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Signature \_\_\_\_\_

*Please mail to SHA, PO Box 862, Minot ND 58702*



Anna Tengesdal and Cindy Carlson (pictured) cleaned the Heritage House to have it neat and tidy for the upcoming season. Tessa Nesheim, Helene Anderson and Joan Varty did the cleaning in the Sigdal House. The Gol Stave Church cleaning was taken care of by Gail Peterson and her family.

## Volunteer season is upon us



Joan Varty has once again lined up all of the volunteers to man the buildings for the summer season. This is a huge undertaking and we thank her for doing it again this year. More volunteers are needed—call the office at (701) 852-9161 if you are willing to help in this way. Volunteers are also needed for opening and closing the buildings twice each day and for being available some evening hours when there are events in the park. Information regarding volunteering, the RSVP program, etc was presented at a meeting for volunteers on May 14. If you did not attend this meeting, the information will be available in the Scandinavian Heritage Association office at the Park. Please come in the office and sign it each day you are scheduled to work so that we know you are here—or you can call the office and we can mark you as attended. The volunteer hours for being in the buildings are from 9 am to 12:30 pm and 12:30 pm to 4 pm.

## Please consider helping at the Scandinavian Heritage Park

**By Kecia Fagerland**

*Thor Lodge President*

For the last eight summers, I have volunteered at the Scandinavian Heritage Park as a greeter at the Gol Stave Church Museum. It has been an experience way beyond my expectations. I have met visitors from New Zealand, Newfoundland, Austria, and Australia — many Scandinavians but mostly Canadians.

Most visitors are a little reluctant when asked if they have a few minutes to spare to learn about the history and the architecture of the Church. Five minutes later, they are enthralled with what they have heard and want to know more. Conversations often change to other topics such as the weather, the

roads, and genealogy. At the end of a shift, you've made dozens of smiling new acquaintances!

There are many other rewarding things about volunteering at the Stave Church. I especially love the scent of pine and cedar that greets me when I step into the nave on Tuesday mornings. I have nearly memorized the instructional audio that begins, "In 1015AD, a young man stepped ashore after many years as a Viking on the Continent." I chuckle at little kids racing around the vestibule. Hearing people gasp in awe as they walk into the church for the first time never gets old. I enjoy watching the robins nest on top of the staves (before Bob or John

remove them!).

I smile at the wonder on children's faces as they gaze up at Jesus's Disciples. I love that I discover something new about the Church every year!

The benefits of volunteering for one's community are well known. It helps combat anxiety and depression, lowers mortality rate, increases socialization and fulfillment in life. I'm proud that Minot is home to such a spectacular place. I'm glad to be on the front line to help promote our city and what it has to offer.

The Scandinavian Heritage Park is always in need of volunteers. If you are interested in helping, please contact the SHA office at 701-852-9161.



# Wing Finn Hall celebrates 100 Years

August 3, 2019

The Finnish Young Peoples Society is proud to celebrate our heritage with a centennial celebration of the Wing Finn Hall. On August 3, the society is inviting people to attend the day of celebration.

- 2 pm - Celebration begins with welcome & registration
- 2 to 5 pm - Entertainment for all ages
- 2:30 to 4:30 - Finnish silent auction
- 5 to 7 pm - Roast beef dinner
- 6:30 to 8:30 pm - dance to live music!

**Location:** 7 miles south of Wing on Highway 14 or 14 miles north of Sterling, ND, on I-94.

Lodging: Welcome all campers to stay at the Finn Hall (no hookups). Otherwise other great options are: Wing City Park, Hill Street Park, Wing Hotel, Congregational Inn or Bismarck is 35 miles away.



## Facelift for the Sauna

Bruce Carlson scraped old finish off the sauna and washed it off as well. After it dried, this crew came in and did the outside painting—Brad and Anna Tengesdal and Bruce and Cindy Carlson. Two coats of paint were put on and a few days later, Bruce added a coat of sealer. Extensive work has been done on this sauna since last fall after water from the sprinkler system damaged the wood inside and out. The log walls were also recaulked. Thanks to these hard working Finns (and one Norwegian) for this facelift. The benches outside also got damaged from weather this winter—they have been repainted and may have to have new boards put on. The sauna will be ready for Midsummer Night. It takes lots of SISU to get all of the park projects completed and ready for viewing. For your information, the sprinkler system has been adjusted so it does not spray on the sauna—it had inadvertently been set to spray later last summer.



## SHA Donations

*We are grateful for all the donations received, and the memory for which they are honoring.*

### MEMORIAL DONATIONS

- Virgil Rude, given by Craig & Martha Elliott, Curtis & Lorraine Medalen, Elizabeth Gjellstad, Adelaide Johnson, Doris Slaaten, Myron & Marion Anderson, John Sinn, Eva Goodman
- Marie Levadney, given by John Sinn
- Noreen Erickson, given by Dennis & Marvel Helgeson, Troy Rauschenberger & Nancy Rauschenberger Holmes

- Lois Matson, given by Janice Osborn
- Elda Evenson, given by Lorraine Thomas
- Robert "Bob" Whetter, given by Iona Loken
- Geraldine "Gerri" Olesen, given by Rhonda Bugbee
- Richard Weston, given by Myron & Marion Anderson, John Sinn
- Memorial for Friends, given by Iona Loken

### DONATION IN HONOR OF KARI MAHLE

- Given by Everett Nels Olson

# Midsummer in Sweden: Origins and Traditions

RealScandinavia.com

Given Scandinavia's long, dark winters, it's not surprising that the arrival of summer is a big deal throughout the Nordic countries. In Sweden, Midsummer's Eve is one of the most important days of the year, rivaling Christmas with its festive spirit and traditions.

Traditionally, Midsummer was celebrated on June 24, the feast day of St. John the Baptist, but the holiday has its roots in a pre-Christian solstice festival. Rather than trying to stamp out such pagan festivals, the early Catholic Church found it useful to coopt them by associating them with Christian celebrations. By establishing December 25 conveniently close to the winter solstice as the date when Jesus was born, the Church was able to absorb the pagan midwinter festival of Yule into the Christian celebration of Christmas. Biblical sources suggest that St. John the Baptist was born six months before Jesus, meaning that his birthday could be equally conveniently associated with pagan summer festivals.

In 1952 the Swedish Parliament decided that Midsummer should always be celebrated on a weekend. As a result, the observance of Midsummer now varies between June 20 and 26.

In many countries the summer solstice is celebrated with huge outdoor bonfires. This was once part of the Swedish festival as well, but these days the bonfire is most associated in Sweden with Walpurgis Night celebrations on April 30. Instead the focus of Midsummer celebrations is the maypole (or Midsummer pole) decorated with greenery and flowers. As it turns out, the maypole is a comparatively new part of Swedish Midsummer tradition. It came to Sweden in the late Middle Ages from Germany, where the pole was decorated with leaves and raised on May 1 (hence the name). Since spring comes later to Sweden it was hard to find the greenery to decorate the pole on May 1, so the tradition was moved to Midsummer. Some sources also attribute the perpetuation of the term *majstång*, or maypole, to the archaic Swedish word *maja*, meaning "to decorate with green leaves."

Though the tradition of decorating the maypole with leaves seems to be a Germanic addition, the origins of the maypole itself date back to early medieval festivals in France, when the Carolingian kings would muster their troops on May 1. Among other contests archers would compete in shooting at a bird (real or fake) placed at the top of a tall pole. These so-called parrot-shooting contests became very popular throughout Europe. Reflecting this history, some maypoles are still decorated with a rooster or other bird at the top.

The tradition of dancing around the Midsummer pole is an old one, though of course the dances have changed over the centuries. Today organized Swedish Midsummer festivals



typically include exhibitions of folk dancing in traditional costumes, as well as ring dances and games for people of all ages to join in. No Midsummer celebration is complete without *Små grodorna*, a dancing game in which people of all ages hop around the pole while singing about little frogs. The goofiness is part of the fun!

Midsummer was considered to be a time of magic, and anything to do with nature was thought to have a special power. Gathering flowers to weave into wreaths and crowns was a way to harness nature's magic to ensure good health throughout the year. Even though most people these days probably are unaware of the magical origins of the tradition, weaving crowns of flowers is still a major part of any Midsummer observance.

The magic of Midsummer also extends to the realm of romance. A Swedish verse says, "Midsummer night is not long but it sets many cradles to rock." For unmarried girls, it's said that if you pick seven (or sometimes nine) types of flowers and place them under your pillow, you'll dream of your future husband.

And if all of this makes you hungry, then sit yourself down for a Midsummer meal of herring and new potatoes, a shot of schnapps, and some strawberries for dessert.



# MIDSUMMER NIGHT FESTIVAL IN THE PARK

*June 19, 2019, Scandinavian Heritage Park*

## SCHEDULE OF EVENTS

- **5:30 to 7:15 pm** - Food while supplies last; \$5 per person; age 5 and under Free
- **7 pm** - Minot City Band
- **7:15 pm** - Flag ceremony and Nordic country anthems followed by music from:
  - Shelby Huston (fiddler)
  - Nicole Biwer (vocal)
  - Larry Nelson (musician)
- **9-9:30 pm** - Bon fire celebration
- **10 pm** - Movie (pending availability); bring own blanket/chair and bug spray!



# Swede Treats

Celebrating the  
cinnamon bun —  
Sweden's favorite  
baked treat

## RealScandinavia.com

If there's one baked item that's quintessentially Swedish, it's the cinnamon bun – or kanelbulle, as it's known in Sweden. The Swedish love affair with cinnamon buns dates back to the years immediately following World War I, when ingredients that had been rationed became available again. Over the next few decades, as both the economy and kitchen equipment improved, cinnamon buns went from being a special treat sold only at cafés to something almost anyone could easily bake at home.

Contributing to the popularity of cinnamon buns is the Swedish tradition of fika, a deeply ingrained custom that involves a social coffee break with a sweet treat – more often than not, a cinnamon bun. Cinnamon buns are so much a part of Swedish culture that the Swedish Central Statistics Bureau has



tracked everything from the number of cinnamon buns the average Swede eats in a year (230 in 2013) to the rise in cinnamon bun prices at cafés (74 percent between 1990 and 2017).

Cinnamon buns even have their own holiday, Kanelbullens dag (Cinnamon Bun Day), which has been celebrated annually on October 4th since 1999, when the Home Baking Council (Hem-

bakningsrådet) launched the tradition as part of its 40th anniversary. Of course, there are also statistics related to this celebration. According to a 2018 study by Oxford Research, Swedes purchase approximately seven million cinnamon buns on October 4 every year, with an additional two million buns baked at home. An impressive number for a population of 10 million!

## Get Rollin' Rollin' Rollin'!

It's time to get rollin'! Lefse that is! The Norsk Høstfest Annual Lefse Masters Competition is just around the corner and this is YOUR year to claim the title. But first one must earn their way into the exclusive competition.

To qualify, simply attend one of the preliminary competitions held at various Home of Economy and Marketplace Foods locations. The top winners of the preliminary competitions will advance to the semi-finals at Norsk Høstfest where they will compete head-to-head making your homemade lefse to be judged. And the winner on Saturday

will earn the prestigious title of LEFSE MASTER! Don't delay, find a preliminary contest near you:

**August 20:** Home of Economy, Grand Forks and Minot locations. Contestants will be required to make the lefse on-site.

**August 20:** Home of Economy, Grafton, Devils Lake, Williston, and Jamestown locations. Contestants will bring in their premade lefse for judging!

**September 23:** Marketplace Foods, 130 S Broadway Minot location. Contestants will be required to make the lefse on-site. Register at any Marketplace



Foods location.

All preliminary contest winners receive (2) general admission tickets to Norsk Høstfest for competition days only.

Learn more at [www.hostfest.com/lefsemasters](http://www.hostfest.com/lefsemasters)



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# Swedish Heritage Society of Northwest ND Celebrates 25th Anniversary

By Eldora Eliason

*25-Year Member of Swedish Heritage Society*

The Swedish Heritage Society of Northwest North Dakota, Minot ND, was founded in August 1993 with 25 members. Our first officer were: Ed Smith, chairman; Reed Soderstrom, Vice Chairman, Irene Anderson, Secretary, and Lois Matson, Treasurer. It was the goal of the organization to learn, observe and preserve the Swedish Heritage. Our membership in 2002 was close to 100 members.

Our meetings usually had a program and are held in the lower level of the Scandinavian Heritage Center three times a year -- the 3rd Saturday of January, April and September, plus we celebrate Svenska Flaagans Day (Swedish Flag Day) every June 6th. On that day we decorate the Scandinavian Park with Swedish Flags and have a picnic in the park later in the day. Also we usually celebrate the Sankta Lucia Festival around December 13th each year.

The Swedish Heritage Society held the First Annual mid-summer Celebration on June 24, 1999, in the Scandinavian Heritage Park. In June of 2001, it was a joint observance by the local societies of the five Scandinavian countries and hosted by the Scandinavian Heritage Association from then on.

The Dala Horse, which is the most recognized Swedish symbol in the world, has been our biggest group project. We wanted to put something in the park that would symbolize Sweden. In 1997, we started the Dala Horse fundraising campaign. It was going to be 30 feet high, bright orange and would be the largest Dala Horse in North America. The projected cost was \$50,000. In January of 2000, the Dala Horse was ordered from a company in Sparta, WI, and delivered in September and dedicated in October 10, 2000 during Norsk Høstfest - North America's largest Scandinavian festival held annually in Minot. The brightly colored horses have been carved in various sizes by Swedish craftsmen since the early 1800s.

At one time our Swedish group was a member of SCAND - Swedish Clubs Around North Dakota - and we attended programs in Bismarck, Devils Lake, Fargo, Jamestown and also hosted meetings here in Minot.

On June 6, Svenska Flaagans Dag, we plan to celebrate our 25th Anniversary with dedicated members putting up the many Swedish Flags at 9 am in the morning to decorate the park. At 6 pm, we will have a potluck picnic at the Scandinavian Park. Everyone is invited to help us celebrate that day. We welcome anyone interested in our group to join us on June 6 and any other meetings scheduled throughout the year.



## **DALA HORSE**

### **NATIONAL SYMBOL OF SWEDEN**

**THIS DALA HORSE IS BUILT IN HONOR OF  
OUR PIONEER SWEDISH IMMIGRANT ANCESTORS  
WHO CAME TO AMERICA AND CONTRIBUTED  
TO THE DEVELOPMENT OF OUR GREAT NATION.**

**SWEDISH HERITAGE SOCIETY – NWND  
MINOT, NORTH DAKOTA**

**PROJECT CHAIRMAN: DONALD CARLSON**

**FUND RAISING CHAIRMEN: MARV AND MARIE FELAN**

**COMMITTEE:**

**ED SMITH, VERNON CARLSON, IRENE ANDERSON,  
LOIS MATSON, GLADYS PEDERSON, VI TORNØ, LOWELL SILSETH**

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**DEDICATED OCTOBER 10, 2000**

**THANKS TO ALL WHO CONTRIBUTED TO MAKE THIS DREAM A REALITY.**





## International visitors tour the park

Visit Minot hosted an international visit. Seen here are Ann-gret Rossol, Germany; Marjolein Fraanje, Netherlands; Francesca Ballerini, Italy; Alessandra Crosato, Italy; Cristina Caretti, Italy; Frank ten Cate, Netherlands; Niklas Olsson, Sweden; Christian Toraasen, Norway; Kylee Kay, Australia



## Denmark flag oldest in the world

June 5 marks Danish Constitution Day. Here is a little flag history:


The flag of Denmark features a red and white cross that is off-centered. Previously, the cross was centered evenly, forming a perfect square. However, it was later expanded in an uneven height to width ratio. The flag of Denmark is called the "Dannebrog", which translates to "the cloth of the Danes" or the "red flag". History has it that the flag of Denmark descended from the sky after the Danish King Valdemar II defeated Estonia on June 15, 1219. It was officially used as the state flag in 1625, making it the oldest, continuously used flag.



The colors used in the Danish flag are red and white. The flag has a white cross that stretches to the edges of the flag. The white cross represents Christianity. The white cross is also used by the other Nordic countries of Finland, Norway, Sweden, and Iceland. Moreover, the white color symbolizes peace and honesty. The red color symbolizes strength, bravery, and hardiness.

Historically, the Danish flag was contested. For instance, the Battle of Lyndanisse of 1219, where King Valdemar II of Denmark took over Estonia. In the Netherlands, from 1370 -1386, the court of arms of Valdemar IV Atterdag was used a red banner as an emblem with an extended white cross. Furthermore, the Roman Empire, Constantine used the flag when he became an absolute monarchy and converted to Christianity.

The flag of Denmark has transformed slightly over the years. The oldest representation of the Danish flag was used in the Gerle Armorial (1370 - 86). It was a short flag with the cross centered throughout. Another version of the flag was the 18th Century Merchant Flag, adopted in 1748. The merchant flag was also identical to the national flag, but with a centered white cross. Other more recent versions of the flag include the square flag, the swallow-tailed flag, and the naval flag. The Royal Danish Navy and on-board ships use the naval flag.



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# Miss Norsk Høstfest 2019 competition to start accepting applications in June

Title winner to receive scholarship, advance to Miss North Dakota pageant

Do you know an outstanding young lady of Scandinavian descent? Norsk Høstfest is seeking applicants for the 2019 Miss Norsk Høstfest! Applications will open in mid-June at [www.hostfest.com/missnorskhostfest](http://www.hostfest.com/missnorskhostfest). All applicants are automatically invited to attend the September 7 Miss Norsk Høstfest competition where they will be required to complete an interview round. Shall the Miss Norsk Høstfest title winner desire to move on to compete at the state level, guidance and prep will be given by the Miss Norsk Høstfest Pageant team.

The Miss Norsk Høstfest title winner will receive an academic scholarship, a spot in the Miss North Dakota pageant (if she so desires to compete further), a Norsk Høstfest gift pack (Troentorp Swedish clogs, Platinum tickets to Great Hall of the Vikings concerts), and the ultimate award - the crown & title of Miss Norsk Høstfest 2019!

## Meet 2018 Miss Norsk Høstfest

Sometimes, jumping in quickly can be the best decision you ever make. That's definitely the case for 2018 Miss Norsk Høstfest Lily Bonebrake. Just a few weeks before last year's competition, Lily's mom was watching the news and heard that the Miss Norsk Høstfest pageant was looking for more participants and the winner would receive a \$750 scholarship. Never one to turn down an opportunity to earn more funding for higher education, Lily signed up right away.

Since it was short notice, Lily didn't have much time to prepare for the Miss Norsk Høstfest pageant competition. Thankfully, the competition is designed to focus on personality, interview skills and heritage, so Lily only needed her natural charm to shine through and clinch the title. "I was really surprised I won," said Lily. "But it was a really good experience for me to do the interview and work through my nervousness."

With two great-grandparents who were Norwegian and one who was Swedish, Lily's Scandinavian blood runs deep. She tells stories of making homemade lefse with her grandma throughout her childhood. She's attended Norsk Høstfest over the years, and is most excited to get to know all the people at the festival, especially the kids.

Lily love for children is apparent. When she isn't in school or sports, Lily dedicates time as a CLC teacher at Washington Elementary. "The best part of working at CLC is getting to hang out with 2nd graders every day, being silly and having fun."

Lily just completed her senior year at Minot High School and plans to put her scholarship to use next year when she enrolls in college to pursue her lifelong dream of becoming a NICU nurse. While she hasn't officially committed to a university, she's looking to attend either Minot State University or the University of North Dakota. Lily finished her senior year strong. Lily was an active member of the Student Council and the Renaissance Club at Minot High School. She's been playing hockey nearly from the moment she could stand on ice, and currently plays on the Majettes girls hockey team.

Lily's reign marked a special year for Miss Norsk Høstfest. Even though the festival started in 1978, 2018 marked the 40th Miss Norsk Høstfest title holder as the program began in 1979.





## Traditional Scandinavian Music & Dance

# NISSWA-STÄMMAN

## SCANDINAVIAN FOLK MUSIC FESTIVAL

**20th Anniversary**  **JUNE 7-8, 2019**

150 musicians performing on 5 stages, with guest musicians from Norway, Denmark, Sweden & Finland



Smålands Spelmanslag • Eimhjellen Trio • Teho • Odde & Nilssen • Jensen, Bugge & Høirup • Aallotar • Lena & Arvid

### FRIDAY • JUNE 7

Music & Dance Workshops during the day

6:30 PM Concert (NOTE: EARLY TIME) - Lutheran Church of the Cross

\$15 adults, \$5 ages 9 - 17, 8 and under free

No Advance Tickets. Only available at the door. Tickets on sale at 5:30 pm)

9:30 PM Dance at Nisswa Legion - \$5

(Friday night Dance admission Free to Concert Attendees)

### SATURDAY • JUNE 8

10 AM Parade

Festival \$15 adults / \$5 children (9 - 17)

Scandinavian Food Booths • Large Children's Tent • 5 Venues

4:30 PM Smörgåsbord • 7 PM Dance at Nisswa Legion \$5

(Saturday night Dance admission Free to Festival Attendees)

### SMÖRGÅSBORD ADVANCE TICKET SALES

After June 6th, tickets must be purchased at the venue.

Pre-sales available at the Nisswa Chamber of Commerce in person or by phone: 218-963-2620

Prices: \$20 adults • \$10 children 6 -11 • Free for ages 5 and under



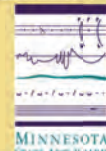
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This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



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## NISSWA PIONEER VILLAGE • NISSWA, MN

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# Prison Focuses On Respect, Rehabilitation

By Sons of Norway

May Newsletter

Halden Fengsel, Norway's second-largest prison, is a facility that emphasizes respect and focuses on the rehabilitation of its inmates. The prison opened in 2010 and although considered a high-security prison, it has no conventional security devices. Moreover, Norway has the lowest recidivism rate in the world, at about 20 percent, suggesting that preparing prisoners for life outside prison is a successful strategy to thwart repeat offenders.

A strong social network is an integral part of the prison's success. Inmates and officers commingle, sharing meals and conversation together, and a chaplain is available to listen to prisoners' concerns. In addition, classes and coursework are available to residents to help prepare them for the workforce once they are released. Examples include auto mechanic skills, food preparation and tech classes. Group recreational activities like monopoly, chess, basketball, gardening and more take place in well-designed, modern settings.

Other countries, including the U.S., have taken notice of the positive outcomes resulting from the programs at Halden prison. In fact, prisons in North Dakota have been implementing programs based on Halden's model, with hopes that the number of repeat offenders in the state and beyond will trend downward.



## Norwegian-Sami Music Group on the Rise

In the International Year of Indigenous Languages, Sami-influenced music group KEiiNO has been selected to represent Norway at the 2019 Eurovision Song Contest this month.

The group, consisting of Sami songwriter and rapper Fred Buljo and Norwegian singers Alexandra Rotan and Tom Hugo, advanced to the international competition after winning the Norwegian Melodi Grand Prix competition earlier this year. Their powerful debut single "Spirit in the Sky" was inspired by the struggles for equal rights regardless of ethnicity, gender or sexuality. The song is recorded in part English and part Sami and mixes pop, Nordic-folk and joik—the



traditional form of song in Sami.

Given the Sami's historical struggle in pursuit of equal rights, along with the United Nations' current ef-

forts in promoting awareness of the risks that confront indigenous languages, KEiiNO's success couldn't have come at a better time.



## 5 Things You Didn't Know About The Minot Visitors Center

It's summer time, which means the Minot Visitors Center will be open longer! Starting Memorial Day, the Visitors Center will be open 8:00 AM to 7:00 PM Monday through Friday, 10:00 AM to 4:00 PM on Saturday, and Noon to 4:00 PM on Sunday. Before you stop by, here are 5 things you probably didn't know about the Minot Visitors Center.

### 1. Artichoke Lamps

The designer of the lamp, Poul Henningsen, grew up in a small Danish town without electricity and then built a career designing lamps. He satisfied his desire for a room in which the lighting is pleasing everywhere, from the walls to the tabletop, without harsh contrasts between. The Artichoke Lamp (1958) is composed of layers of overlapping "leaves." Both of the lamps in the Visitors Center are from Denmark and cost about \$14,000 each.

### 2. The Furniture

The furniture might not sound very exciting, but the furniture in the Visitors Center is from many different countries. The floors are from Sweden, the wallpaper is from Europe, and the chairs are from Norway.

### 3. Thorvold the Troll

Trolls have been popularized in Nordic mythology and Scandinavian folklore. Norse trolls dwell in mountains, caves, and under the occasional bridge and are rarely helpful to human beings. Thorvold is a rare case and is very friendly and loves visitors! Thorvold and his bench are hand carved and live on the main floor of the Visitors Center.

### 4. Buffy the Bison

A lot of people ask if Buffy is a real Bison, and the answer is yes, she is a real bison. Buffy has lived in the Visitors Center since 2015. She came from the Badlands of North Dakota.

### 5. Gift Shop

There is a **GIFT SHOP!** Many people do not know about the gift shop, there are items from Visit Minot, the Scandinavian Heritage Center, and Norsk Hostfest. So many great souvenirs. Everything from t-shirts to toys to books.





# Scandinavian Heritage Association

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