

**FREE  
TAKE  
ONE!**

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

# Scandinavian Heritage News

Winter 2019



*Norwegians take their dogs out for a sled ride near Tromsø, Norway.*

## INSIDE

Calendar of events — Page 2

Dakota Finnish Report — Page 4

No Such Thing As Bad Weather— Page 10

SHA Membership — Page 3

Saving Cash — Page 8

Christmas In Scandinavia — Page 12



## PRESIDENT'S MESSAGE

"No one can whistle a symphony. It takes a whole orchestra to play it." (H.E. Luccock) And boy do we have a great orchestra here at the park! We cannot express our gratitude enough to the numerous volunteers that keep our park and office up and running throughout the year, it takes many people to keep the park open from May through September each year and we are thankful for those who dedicate their time to allow our park to be showcased. We have an amazing attraction and it wouldn't be possible without the endless effort of the members on our board and the countless volunteers that have dedicated their time and devotion to making the park so wonderful. We are truly blessed to live in a community of generous people. If you haven't had the opportunity to volunteer with us and would like to get involved, please do not hesitate to contact our office! We would love to have you on our team!

As a special thanks to our office volunteers Marilyn Wagner, Joan



▲ *Every home needs a tomte! Pick up yours today at the Scandinavian Heritage Gift Shop located at 1020 S Broadway Minot. Open Monday-Friday; 8 am to 5 pm.*

Varty, Eva Goodman, and Marilyn Fiedler. They make sure visitors are greeted with a smile and get questions answered.

I would like to recognize the many hours and days spent by John Sinn, Les Strege and the Minot Park Board

**SHA:** Cont. On Page 5

## Scandinavian Heritage News

Vol. 32, Issue 4 • Winter 19-20

Published quarterly by

The Scandinavian Heritage Assn.

1020 S. Broadway • PO Box 862

Minot ND 58702

(701) 852-9161

Newsletter Editor: Leann Mellum

Please submit articles to [scandha@srt.com](mailto:scandha@srt.com)

## Scandinavian Heritage Association

1020 S. Broadway • PO Box 862

Minot ND 58702

(701) 852-9161 • [scandha@srt.com](mailto:scandha@srt.com)

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

### 2019 OFFICERS

Jennifer Lock	<i>President</i>
Elizabeth Gjellstad	<i>Vice President</i>
Marion Anderson	<i>Secretary</i>
Sue Weston	<i>Treasurer</i>

### BOARD OF DIRECTORS

*Three-year terms ending January 2022*

Marion Anderson	Liz Gjellstad
Robert Bruhaug	Adelaide Johnson
Melissa Haugen	Sue Weston

*Three-year terms ending January 2021*

Myron Anderson	Curt Medalen
Jarrold Olson	Erv Johnson
Eva Goodman	Jennifer Lock

*Three-year terms ending January 2020*

Jerome Jorgenson	Helene Anderson
Les Strege	Joan Varty
Marilyn Wagner	Tessa Nesheim

*One-year terms ending January 2020*

Kev Davick	Jordon Lakoduk
------------	----------------

### Ex-Officio Members

Gail Peterson, *Past President*  
Mark Anderson, *Past President*  
Bruce Christenson, *Past President*  
Carroll Erickson, *Past President*  
Allen O. Larson, *Past President*  
Roald Mattson, *Past President*  
George Officer, *Past President*

### Directors Emeritus

Jeanne McNea	Jim Maragos
John Sinn	Doris Slaaten

## Winter 19-20 Calendar

• **January 18** — 2 pm, Swedish Society meeting, Sons of Norway lodge

• **January 20** — John Sinn's 99th Birthday!

• **January 25** — 10 am, SHA annual meeting

• **February 5** — George Officer's 100th Birthday





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 \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

#### MEMBERSHIP LEVEL

☐ Sustaining Member ☐ Sponsor Member ☐ Benefactor Member

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

Card# \_\_\_\_\_ Exp. date \_\_\_\_\_

Name on card \_\_\_\_\_ 3-Dig \_\_\_\_\_

Signature \_\_\_\_\_

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



## Dakota Finnish Society held 19th annual Pikkujoulu celebration; awards scholarships

The Dakota Finnish Society held their 19th annual Pikkujoulu (Little Christmas) celebration on December 7 at the Visitors Center. There were over 60 in attendance. Guests were from Minot, Rock Lake, Rolla, Bismarck, Velva, Stanley, Devils Lake, Wing, Mohall, Berthold, Belcourt, Washburn and Glenburn, North Dakota and also from Cook, Minnesota. A meatball dinner catered by Homesteaders was served and many door prizes were given out.

Carl Kannianen and Dave Salinas provided music. Donations of \$500 each were given to the Salvation Army, Domestic Violence Crisis Center and Homeless Coalition.

In addition, three college scholarships of \$500 each were awarded to Ethan Eckholm of Wing, ND, Alli Sandberg of Cook, MN, and Austin Phillips of Minneapolis, MN. All three have relatives involved in the Dakota Finnish Society.

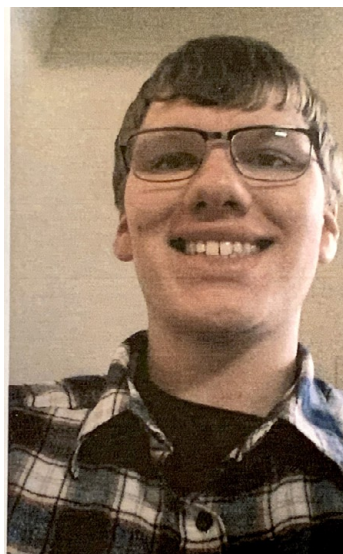
At the end of the day, several partook of the warm sauna in the park that was heated up for anyone who wished to participate.

## Dakota Finnish Society Scholarships



**AUSTIN PHILLIPS**

Austin is a Junior at the University of Minnesota, Minneapolis, and is studying to be a civil engineer. He worked in the oil fields here in North Dakota for five years and studied on line part time and then went back to Minnesota to start college full time. He was a supervisor for Weatherford International while in North Dakota. He is the son of Carla Phillips and grandson of Myron and Marion Anderson, all of Minot, ND, and members of the Dakota Finnish Society. Austin was well versed in Finnish culture having lived in Minot those five years with a Finnish Grandmother. He is presently an engineering intern with Chosen Valley Testing from St Paul, Minnesota.



**ETHAN ECKHOLM**

Ethan is from Wing, North Dakota, and is a senior at Valley City State University where he is studying history along with other subjects. He is handicapped and in a wheelchair since 3 1/2 years of age due to an allergic reaction to a chemotherapy drug for leukemia. He would like to work in a library or in a museum working with historical archives. His parents are Daryl and Shelly Eckholm of Wing and they are members of the Dakota Finnish Society. Ethan is from a community with several Finnish residents and he knows well the meaning and use of "sisu"—determination to do whatever it takes and not give up.



**ALLI SANDBERG**

Alli Sandberg from Cook, MN. Is 25 percent Finnish. She is a Junior attending the University of North Dakota and is majoring in Elementary Education with a minor in Special Education. Her parents are Brad & Dee-Ann Sandberg of Cook, MN. She is the niece of Todd and Dawn Seopa of Minot, ND, who are members of the Dakota Finnish Society. She is a graduate of North Woods School where she excelled in sports and academics. The past four summers she has been a student intern at North Star Credit Union in Cook, MN.





## SHA: Cont. From Page 2

for making our park a Christmas wonderland. A big thank you to all of you for decorating the park so beautifully. We all look forward to the lighting of the park each year. The beauty of the Christmas season brings so much joy!

We had a very eventful season in the park, several weddings took place in the Gol Stave Church amongst other special events like Mid Summer Night. We did some updating to the Heritage House and other buildings with more plans in the works. Visitors from near and far made their stroll through the park and gift shop. Our Christmas open house was held on November 23, 2019. We have several new items in our gift shop including Norwegian trolls, recipe dish towels, books, rosemaled ornaments hand painted by Minot's own Marlene Golly and more. Back by popular demand are Ole & Lena fortune cookies! All of these items make perfect gifts so make sure to stop by and finish up some last minute Christmas shopping.

Wishing everyone a very Merry Christmas and a healthy New Year filled with Peace, Love and Lefse!

— Jennifer Lock, SHA President



## SHA Donations & New Members

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

### MEMORIAL DONATIONS

■ Jeanice Officer, given by Myron & Marion Anderson, Marilyn Wagner, Gail Peterson, Eva Goodman, Doris Slaaten, Adelaide Johnson, Elizabeth Gjellstad, Opal Thompson

### UNDESIGNATED MEMORIAL

■ George Fredrickson, given by Marlys Armstrong

### DONATIONS

■ Given by Lynn Aas, Anna Marie Huesers, First Western Bank & Trust, Elizabeth Gjellstad, Melissa Haugen

### WALL OF HONOR MEMORIAL

■ Ernie & Marilyn Selland, given by Paula Selland

### MEMORIAL DONATION FOR CARE OF PARK

■ Glenneys Berg, given by Norma Berg

### NEW MEMBERS

■ Timothy Wood  
■ Gerald Gulbranson



# Norway named world's best country to live in

UN Report concludes new inequalities developing between people of the world  
- especially in terms of education and technology

*By Norway Today*

The UN has once again voted Norway as the world's best country to live in. At the same time, new types of inequalities in societies around the world are developing, according to the UN report.

The report is conducted by the United Nations Development Program (UNDP), and it is the 15th consecutive year that Norway tops the list of countries ranked according to the UN Living Conditions Index.

Just behind are Switzerland, Ireland, Germany and Hong Kong. Sweden and Denmark are ranked eighth and eleventh respectively. At the other end of the spectrum are a number of African countries, and all of the bottom 12 countries on the list are African. At the bottom are Chad, the Central African Republic and Niger.

The report concludes that completely new inequalities are developing between people in the world, especially related to education and new technology. Factors that could potentially trigger huge disparities in society in a way the world has not seen since the industrial revolution of the late 18th century, according to the report.

Where the world has previously tried to deal with crises such as hunger, poverty and disease, there are now a number of other factors that are also contributing to the differences between rich and poor countries. In countries with very high human development, the proportion of broadband subscribers is growing 15 times faster than in countries with low human development. At the same time, the percentage of adults with higher education is growing six times faster.

## BIG GENDER DIFFERENCES

What used to be "okay to have," such as going to university or having access to broadband, is becoming increasingly



▲ *The Northern Lights dazzle over the sky of Lofoten, Norway.*

important prerequisites for success. When people are left with only the most basic, the steps on their path to the future are removed, says Pedro Conceição, director of UNDP's Human Development Report (HDR).

The report also points to major gender differences as another important factor in the inequalities. Around half of people from the countries surveyed in the report believe that men are better suited as political leaders than women. More than 40 percent think that men are better suited as business leaders.

Based on current trends, according to the report, it will take 202 years before the current gender gap is evened out in terms of economic opportunities.

## DEMONSTRATIONS WORLDWIDE

Recently, frequent demonstrations have marked a number of countries around the world, including the Yellow Vest in France and the mass demonstrations in Hong Kong, Chile, and Catalonia in Spain.

"People gather in the streets for various reasons – the price of a train ticket, gasoline prices, demands for political freedom and the pursuit of justice. This is the new face of inequality," says UNDP chief Achim Steiner.

In the past year, climate demonstrations have also been held regularly throughout the world. The UN report believes that the climate crisis could greatly affect the development of increased differences in the world. Poor countries will notice the consequences of the climate crisis first and foremost, and climate change is a recipe for even more inequality, the report concludes.

"Those at the top must help those at the bottom,"

Development Minister Dag-Inge Ulstein (KrF) says "that while Norway is pleased to top the list, the countries that are at the top must do more to help those at the bottom."

For the first time in world history, we

**UN Report:** Cont. On Page 7

# History in the making

## At 34, Finland's Sanna Marin Set To Become World's Youngest Sitting Prime Minister

By National Public Radio

Sanna Marin is set to become Finland's third female prime minister — and its youngest — leading a coalition of four other parties, all headed by women.

At just 34, she will also stand out on the world stage by being the world's youngest sitting prime minister.

Marin was nominated Sunday by her Social Democratic party after its leader, Antti Rinne, stepped down after losing the confidence among his coalition government over his handling of a postal strike.

Marin, a former transport and communications minister, will be the country's third-ever female prime minister, according to NPR's Rob Schmitz. However, she told reporters the focus shouldn't be on her identity.

"She brushed away questions about her age and gender, saying she has never thought about either," Schmitz says. "Instead, she told reporters, she thinks about the reasons she got into politics and the things for which her party has won the trust of the electorate."

Finland's Social Democrats have led the country's left-wing coalition since earlier this year, but has faced strong



▲ Sanna Marin celebrates after winning her party's prime minister nomination on Sunday. The 34-year-old will be Finland's third female government head. (Photo: Vesa Moilanen/AP)

opposition from the rising populist right-wing Finns Party, according to the Helsinki Times. Ahead of the party election, Marin promised to continue supporting welfare programs and an "equal and fairer society."

A left-leaning progressive, Marin was first elected to Parliament in 2015. She wrote on her website that her party's values of "equality, freedom and peace" appealed to her when she first involved herself in politics.

"For me, human rights, equality, or equality of people have never been questions of opinion but the basis of my moral conception," she said. "I joined politics because I want to influence how society sees its citizens and their rights."

Marin won the party's nomination over Antti Lindtman, a 37-year-old Parliament member, by a vote of 32-29.

*This story was originally published by NPR on December 9, 2019. For more information visit [www.npr.org](http://www.npr.org)*

### UN Report: Cont. From Page 6

have a real opportunity to eradicate all extreme poverty in the world. But after a long period of progress, we now see that the arrows are pointing downwards for many of

the poorest countries. Right now we are not on track to achieve the sustainability goals by 2030. The clock is ticking, Ulstein informs NTB.

The Minister of Development believes that an important measure to

overcome these problems is to step up efforts to reduce climate emissions.

"But we cannot close our eyes to the fact that millions today are already being hit hard by climate change that others have created.

Small farmers get their crops washed away. People are starving and leaving their homes. The potential for conflict increases. Ultimately, this will have consequences for us as well," Ulstein warns.



# Saving Cash

Coast Guard rescues Keith Johanneson's dog in Gulf of Mexico

By Dennis Doeden  
*Bemidji Pioneer*

FORT MYERS BEACH, Fla. — It wasn't the first time Cash the dog had run off in search of birds. But it could have been the last, if not for the heroic efforts of the United States Coast Guard.

Cash, whose full name is Cash Register, belongs to Keith and Maria Johanneson of Bemidji, who spend winters in Florida. The 13-year-old Red Setter is a professionally trained bird hunter. He has escaped his owners' fenced-in yard a half a dozen times. Last Thursday, Keith figures that Cash climbed onto a sofa in the swimming enclosure, jumped over the fence and headed about a mile down the beach to a park.

"He has a nose for birds," Keith said. "We use him out at our hunting lodge (north of Bemidji). Unfortunately down here in Florida he decided he was going to chase birds, so this was about the fifth or sixth time he's gotten out and we've had to go rescue him. He's kind of like the Houdini of dogs."

They needed help with the rescue this time. Keith believes Cash chased a bird from the beach into the Gulf of Mexico, and the tides were going out, sweeping the old dog away from shore.

A boater saw the dog



▲ Maria and Keith Johanneson are happy they still have Cash, their 13-year-old Red Setter who was rescued by the U.S. Coast Guard in the Gulf of Mexico off Fort Myers Beach, Fla., last week. Submitted photo.

and alerted the Coast Guard, which dispatched a boat to the area. According to an ABC-TV news report, Cash had been swimming for about 30 minutes when the Coast Guard boat found him. Two crew members were able to lure Cash to the side of boat and pull him

on board to safety. The ABC video shows Cash licking the face of one of his rescuers, then shaking off water and looking quite relieved.

"You're the best person I've ever rescued," one of the Guardsmen could be heard saying to Cash.

The Guardsmen called Be-

midji Veterinary Clinic, whose number was on Cash's tag, and the clinic in turn called the Johannesons to let them know their dog was safe.

"If they hadn't rescued him we would not have a dog today, so we're very grateful," Keith Johanneson said in the television report. He told the Pioneer, "If they hadn't been there, he probably would have been swept out into the Gulf of Mexico and that would have been the end of him."

Keith is president of Johanneson's, Inc., based on Bemidji. Maria is director and operator of the Bear's Lair Lodge & Game Farm in the Puposky area.

Since the ABC story was broadcast, the couple has received messages from friends and family around the country.

Meanwhile, the Johanneson's plan to install an electric fence around their property, while Cash sleeps off his latest encounter with birds and water.

Keith Johanneson is CEO of Johanneson's Inc which operates Marketplace Foods, a major corporate sponsor of Norsk Høstfest. Johanneson also was inducted in the Scandinavian-American Hall of Fame in 2013. He is of Icelandic descent.



# Jeanice L. Skogen Peterson Officer

July 23, 1927 - November 28, 2019

Jeanice L. (Skogen) Peterson Officer, 92, Minot, ND, formerly of Ryder, ND passed away Thursday, November 28, 2019, at her residence.

Jeanice Lorraine Skogen and her twin sister, Jeanette were born on July 23, 1927, the daughters of Carl and Gunhild (Iverson) Skogen, in Roseglen, ND. They were raised on a farm and attended Deepwater Elementary School near Roseglen and graduated from Ryder High School in 1945. She attended Minot State University for one year and then one year at St. Olaf College in Northfield, MN. After her education, she taught in rural schools for four years.

Jeanice married Lloyd C. Peterson on September 19, 1948, at Bethlehem Lutheran Church, rural Roseglen. They established their own homestead near Ryder in Anna Township, Ward County in 1951. They had three children, Marcia, Bruce and Nancy. Jeanice was active in the Ryder Community and was a member of St. John's Lutheran Church, where she taught Sunday School for over 20 years, a member of the Ladies Aide and her church circle. Along with her twin sister, Jeanette, they organized a 4-H club and was a charter member of the Stitch & Chatter Birthday Club and Busy Bees Homemakers Club. Her husband Lloyd died April 30, 1978. Following her



husband's death, she remained on the farm and worked at the Ryder Exchange.

On June 10, 1983, she married George Officer and they moved to Minot. They spent many summers at their cabin near Garrison, ND. They were charter members of Bread of Life Lutheran Church and were very active there. Jeanice was a member of the Sons of Norway, the Scandinavian Heritage Center, the Ward County Historical Society, the Ward County Library Board and was an active volunteer at the Norsk Hostfest. They moved into Somerset Court in October of 2016.

Her loving family includes: husband, George Officer, Minot; children, Marcia (David) Haugen, Minot, Bruce (Debbie) Peterson, Ryder and Nancy (Tom) Schuelke, Chandler, AZ; grandchildren, Chris (Carla) Haugen, Jacqueline

Haugen, Melissa Haugen, Sara (Brad) Schmidt, Curtis (Nicole) Peterson, Samantha (Lance) Cleland, Drew Schuelke, Tyler Schuelke, Todd (RaNae) Officer, Troy Officer, Traci (Nathan) French; great-grandchildren, Keanin Haugen, Stuart Schmidt, Chaskee Schmidt, Piper Schmidt, Kiera Peterson, Savaya Peterson, Kaylee Peterson, Tyler Officer, Grace Officer, Kayli French and Tanner French; sister-in-law, LeAnna Skogen; brothers-in-law, Russel Johansen, Bob Thom; step daughters-in-law, Renee Best-Officer and Kathy Officer; and numerous nieces, nephews and cousins.

Jeanice was preceded in death by her parents; husband, Lloyd C. Peterson; twin sister, Jeanette Johansen; sisters, Marian (Cliff) Bergan and Grace (John) Hays; infant sister, Marcella Skogen; brothers, Irving and Carlyle Skogen; step-sons, Michael and Rodney Officer; brothers-in-law and sisters-in-law, Lial (Gladys) Peterson, Leslie (Mildred) Peterson, Leighton Peterson, Leonard (Agnes) Peterson, Lucille (Rex) Woods, Lillian (Allen) Romsas, Lydia Peterson, Lavina (Carl) Sauer, Laura (Clayton) Erb, Luvema (Ira) White, Lorraine (Ferdie) Peterson, Lenora (Wayne) Erb, LeRoy Peterson, Lynn (Gladys) Peterson, Leona (Ray) Zahnow, Alvin (Eleanor) Officer, and Eugene (Fern) Officer.



# "There's No Such Thing As Bad Weather"

only bad clothes...Think like a Norwegian this winter season

By Laura Vanderkam  
*FastCompany.com*

As the days get darker and colder in much of the northern hemisphere, it's easy to indulge in gloom. For the next few months, you'll be shivering. You'll be battling foul weather. Thanks to daylight saving time there will be no chance to see the sun after work.

The gloom leads to a common question: What can I do to cope with the dark and cold?

If you truly want to be happy during winter, though, this is the wrong approach to the season. Changing your mindset can do more than distracting yourself from the weather.

That's the takeaway from research done by Kari Leibowitz, currently a PhD student at Stanford University, who spent August 2014 to June 2015 on a Fulbright scholarship in Tromsø in northern Norway. Tromsø is so far north that from late November to late January, the sun never climbs above the horizon. Leibowitz went to study the residents' overall mental health, because rates of seasonal depression were lower than one might expect.

At first, she was asking "Why aren't people here more depressed?" and if there were lessons that could be taken elsewhere. But once she was there, "I sort of realized that that was the wrong



▲ Norwegians take their dogs out for a sled ride near Tromsø, Norway.

question to be asking," she says. When she asked people "Why don't you have seasonal depression?" the answer was "Why would we?"

It turns out that in northern Norway, "people view winter as something to be enjoyed, not something to be endured," says Leibowitz, and that makes all the difference.

## LESSONS FROM THE FAR NORTH

To be sure, there are some aspects of the near-polar culture that might be hard to emulate elsewhere. Small Norwegian communities are tightly knit, and strong social ties increase well-being everywhere. That said, there are

lessons that can help anyone think differently about cold weather.

First, Norwegians celebrate the things one can only do in winter. "People couldn't wait for the ski season to start," says Leibowitz. Getting outside is a known mood booster, and so Norwegians keep going outside, whatever is happening out there. Notes Leibowitz: "There's a saying that there's no such thing as bad weather, only bad clothing."

Norwegians also have a word, *koselig*, that means a sense of coziness. It's like the best parts of Christmas, without all the stress. People light candles, light fires, drink

warm beverages, and sit under fuzzy blankets. There's a community aspect to it too; it's not just an excuse to sit on the couch watching Netflix. Leibowitz reports that Tromsø had plenty of festivals and community activities creating the sense that everyone was in it together.

And finally, people are enamored with the sheer beauty of the season. Leibowitz grew up near the Jersey shore, and "I just took it as a fact that everyone likes summer the best." But deep in the winter in Norway, when the sun doesn't rise above the horizon, multiple hours a day can still look like sunrise

**WEATHER:** Cont. On Page 11



# The Swedish Heritage Society of NWND, Minot, ND

By Bev Jensen

The Swedish Society of Minot was founded in 1993 for the goal of the organization to learn, observe and preserve the Swedish heritage.

The Dala horse, the most recognized symbol for the world, was our project and dedicated in the Scandinavian Heritage Park in 2000.

Members have also continued to participate in the annual Norsk Høstfest each fall. This year was no exception.

At the spring meeting our society voted to submit an official nomination form to the Norsk Høstfest for considering an inductee into the Scandinavian-American Hall of Fame for 2019.

Our nominee, Richard L. Lindstrom, MD, is a fourth-generation MN Swede, recognized as an international ophthalmologist. He is known for cornea, cataract, glaucoma, laser and refractive surgery. He was awarded 40 patents, is a teacher, inventor, lecturer and has a passion for mentoring future doctors. He created the Phillips Eye Institute Center for teaching and research in Minneapolis.

Dr. Lindstrom was chosen by the Høstfest Committee and was inducted into the Hall of Fame at the September 24th Høstfest Banquet. Dr. Darrell Williams was the presenter. Our Swedish Society was invited to celebrate his induction and to

attend the Governor's Reception and Banquet.

On behalf of our Swedish Society, we wanted to show our appreciation and thanks to Dr. Lindstrom for his many contributions for eye care and his induction. A Fika with coffee and Scandinavian treats were served in his honor on September 25th in the Hospitality Room during the Norsk Høstfest. A crystal Dala Horse was presented. Society members invited local eye care doctors to attend.

We are very honored to have our nominee chosen, and to have Dr. Richard L. Lindstrom a member in Minot's Scandinavian-American Hall of Fame.

## WEATHER: From Page 10

and sunset, and against the snow, "the colors are incredibly beautiful," she says. "The light is very soft and indirect."

## A MINDSET SHIFT


Most likely you can't cross-country ski straight out of your house, and while Norwegian sweaters may be catching on, restaurants and coffee shops in more temperate climates don't all feature the fireplaces and candles com-

mon to the far north. Still, there are little things non-Norwegians can do. "One of the things we do a lot of in the States is we bond by complaining about the winter," says Leibowitz. "It's hard to have a positive wintertime mindset when we make small talk by being negative about the winter."

This is easy enough to change; simply refuse to participate in the Misery Olympics. Talk about how the cold gives you a chance to drink tea or hot chocolate all day. Talk about ice skating, or building snowmen. Bundle up and go

for a walk outside, knowing that you'll likely feel warmer and happier after a few minutes. Better yet, go with a friend. Social plans are a great reason to haul yourself out from under the covers.

But overall, mindset research is increasingly finding that it doesn't take much to shift one's thinking. "It doesn't have to be this huge complicated thing," says Leibowitz. "You can just consciously try to have a positive wintertime mindset and that might be enough to induce it."



**WESTLIE**  
FORD • LINCOLN • MERCURY

North of the  
SHA Park at  
500 South  
Broadway  
Minot  
852-1354



**CLUTE**  
OFFICE EQUIPMENT INC.

SUPPLYING THE TOOLS FOR YOUR  
BUSINESS FOR OVER 65 YEARS  
17 East Central Ave. • 838-8624

**THOMAS**  
FAMILY  
Funeral Home

Bradley Thomas • Bryan Thomas

*We are proud of our  
Swedish Heritage  
via the  
Quist and Chelgren (Johnson)  
lineages.*



**LOWE'S**  
garden  
center  
and Floral



1640 4th Avenue NE • Box 216 • Minot, North Dakota 58702  
Telephone 838-2868  
www.lowesfloral.com • 1-800-546-4995



# Christmas in Scandinavia: Traditions, Events, and Foods

By Terri Mapes  
*Trip Savvy*

There are many wonderful Scandinavian Christmas traditions that make a December visit to the Nordic region worth braving the cold weather. While they may share some seasonal customs, Scandinavian countries have individual beliefs and their own unique ways of celebrating the holidays.

If you are planning a trip to the Nordic region, including the countries of Sweden, Denmark, Norway, Finland, and Iceland, brush up on local folklore.

## SWEDEN

The Swedish Christmas begins with Saint Lucia Day on December 13. Lucia was a third-century martyr who brought food to persecuted Christians in hiding. Usually, the eldest girl in the family portrays St. Lucia, putting on a white robe in the morning and wearing a crown of candles (or a safer substitute). She serves her parents buns and coffee or mulled wine.

Christmas trees are set up usually a couple of days before Christmas and decorated with flowers such as poinsettia, called *julstjärna* in Swedish, red tulips, and red or white *amaryllis*.

On Christmas Eve, or *julafton*, Swedes celebrating Christmas attend church services. They return home



▲ *As with other Scandinavian countries, Christmas markets and concerts can be found in most cities across Norway during the winter months.*

to a traditional family dinner including a buffet dinner (*smörgåsbord*) with ham, pork, or fish, and a variety of sweets.

After the festive Christmas Eve dinner, someone dresses up as *Tomte*. According to Swedish folklore, *Tomte* is the Christmas gnome who lives in the forest. *Tomte* is the Swedish equivalent to Santa Claus and hands out gifts. The “Merry Christmas” greeting in Swedish is *God Jul*.

Cities across Sweden offer all types of holiday events to take part in. In the capital and biggest city, Stockholm, there is a live version of the popular Swedish holiday show *Christmas Calendar* series, with a different perfor-

mance happening on each day of December leading up to Christmas. In Uppsala, check out the Christmas concert held in the *Helga Trefaldighets* church—a building that dates back to the 1300s.

## DENMARK

Children help decorate their family Christmas trees in the weeks leading up to the Christmas holiday in Denmark, which formally begins on December 23. The celebration kicks off with a meal that includes a traditional cinnamon rice pudding called *grod*.

Santa Claus is known as *Julemanden*, which translates to “the Yule Man.” He is said to arrive on a sleigh

drawn by reindeer with presents for the children. *Julemanden* is assisted with his Yuletide chores by elves known as *julenisser*, who are traditionally believed to live in places like attics and barns. The mischievous Danish elves play pranks on people during Christmastime. On Christmas Eve, many Danish families leave some rice pudding or porridge for the elves, so they do not play any pranks on them. In the morning, the children are delighted to find that the porridge has been consumed while they slept.

The meals on Christmas Eve and Christmas Day are

**CHRISTMAS:** Cont. On Page 13





## CHRISTMAS: From Page 12

quite elaborate. On Christmas Eve, Danes have a Christmas dinner usually consisting of duck or goose, red cabbage, and caramelized potatoes. The traditional dessert is a light rice pudding with whipped cream and chopped almonds. This rice pudding usually contains one whole almond, and whoever finds it wins a treat of chocolate or marzipan.

On Christmas morning, Danish cupcakes called ableskiver are traditionally served. For Christmas Day lunch, cold cuts and different types of fish usually make up the meal. On Christmas night, families gather around Christmas tree, exchange presents, and sing carols. To say, "Merry Christmas," in Danish greet others by saying Glaedelig Jul.

Christmas markets pop up all over the country during the winter, and the best are in major cities like Copenhagen, Aarhus, Fyn, and Ribe. Tivoli Gardens, the famous Copenhagen theme park, is completely remade during

▲ *To really experience Danish Christmas, the best way is to eat and drink your way through it. Danes love their food, and the Nordic cuisine is on everyone's lips these days, so why not add a Christmas twist to it and dig in.*

the holiday season. Except to see snow-covered trees, twinkling lights, and a sprawling Christmas market set-up across the park.

## NORWAY

Christmas Eve is the main event in Norway. For many, it includes church services and last-minute shopping for gifts. At 5 p.m., the churches ring their Christmas bells. Most people have a dinner of ribbe (pork ribs) or lutefisk (a cod dish) at home, so restaurants are usually closed. Christmas Eve dessert usually includes gingerbread or risengrynsgrot, a hot rice pudding, and mulled wine, glogg, for the grownups. Then Christmas gifts are opened after dinner.

Norway has a mischievous Christmas elf called Nisse. This folkloric creature is personified as a white-bearded, red wearing spirit of the winter solstice. Today, he has been integrated with the

figure of Sinterklass, modern-day Santa Claus. Like the cookies traditionally left for Santa Claus today, it was customary to leave a bowl of rice porridge for the Nisse.

Paying homage to their Viking heritage, Norwegians recognize the tradition of the Julebuk, in Norwegian which translates to "Yule Goat." Today it is symbolized by a goat figurine made out of straw, created at the beginning of December, and often used as a Christmas ornament. The Yule Goat's oldest representation is that of Thor's magical goats, which would lead him through the night sky. The Yule Goat would protect the house during Yuletide. It had been Norse tradition to sacrifice a goat to the gods and the accompanying spirits during the time span between the Winter Solstice and

**CHRISTMAS:** Cont. On Page 14



**WEATHER:** From Page 13

the New Year. The Yule Goat was a good luck charm for the new year to come.

As with other Scandinavian countries, Christmas markets and concerts can be found in most cities across Norway during the winter months. One extra special event is the world's largest gingerbread town, located in Bergen, Norway's second-largest city. Pepperkake-byen, as the delicious town is called, is open to visitors each year from mid-November through the end of December.

"Merry Christmas" in Norwegian is Gledelig Jul or God Jul.

**FINLAND**

Finland shares some of its Scandinavian Christmas traditions with its neighbor Sweden, such as the celebration of St. Lucia's Day, but has many of its own holiday traditions as well.

On Christmas Eve most Finns who celebrate Christmas attend mass and pay a visit to a sauna to get purified. Many Finnish families also visit cemeteries to remember their lost loved ones.

Between 5 p.m. and 7 p.m. on Christmas Eve, Christmas dinner is usually served. The feast may include oven-baked ham, rutabaga casserole, beetroot salad, and similar Scandinavian holiday foods. Santa Claus usually visits houses on Christmas Eve to give presents to those who have been good.

Christmas in Finland is not just a one or two-day affair. Finns start wishing each

other Hyvää Joulua, or "Merry Christmas," weeks before Christmas Day and continue to do so for nearly two weeks after the official holiday.

If you are in Helsinki, then Aleksanterinkatu is the principal street for holiday festivities. The entire lane is lit up with bright Christmas lights, and the many shops invite people to come in and escape the cold. The Stockmann department store located on the same street unveils their much-anticipated holiday window display each year also, attracting Finns from across Helsinki and neighboring suburbs to come and see it.

**ICELAND**

The Icelandic Christmas season lasts 26 days. It's during the darkest time of year for that part of the world

with not much daylight at all, but the Northern Lights may be visible in the north of the country.

Iceland has many age-old traditions during Christmas-time, including the arrival of 13 Icelandic Santa Clauses. The origin of these Santas is centuries old, and each has a name, character, and role.

Known as jolasveinar, or the "Yuletide Lads," the Santas are the children of Gryla, a mean old woman who drags off naughty children and supposedly boils them alive. Her husband, Leppaluoí, is not quite as mean. In the modern era, these characters have been softened a bit to be less frightening.

Children in Iceland put shoes in their windows from December 12 until Christmas Eve. If they have been good, one of the jolasveinar leaves

a gift. Bad children can expect to receive a potato.

Shops are open until 11:30 p.m. on Christmas Eve, and many Icelanders attend midnight mass. The main Christmas celebration takes place on Christmas Eve, including the gift exchange. To express "Merry Christmas" in Icelandic, greet others by saying Gleoileg jol.

If you're looking for holiday activities in Iceland, the Christmas market in Hafnarfjörður is one of the largest and most popular, and is about a 20-minute drive outside of the capital city, Reykjavík. Apart from shopping, there are also hot food and drinks, horse-drawn carriage rides, and live music to keep you entertained.



▲ Even though December is one of the darkest months in Iceland, the city lights up with Christmas lights and you can see Christmas decorations everywhere. As a bonus, there are a couple cosy Christmas markets in Reykjavík you can visit from the end of November till the end of December.

# 10 Ways to Master the Danish Art of Hygge In Your Home

By Danielle Braff  
*MentalFloss.com*

Long, dark winter nights and stormy weather have us craving a roaring fire, fluffy slippers, and a soft blanket to curl up under. As the Danes would say, we want to get hygge. Hygge (pronounced hoo-gah) is the Danish concept of coziness and intimacy—as one tea company puts it, hygge is “taking pleasure from the soothing, ordinary, and inexpensive things in life”—and it has made its way across the Atlantic. To achieve optimal hygge in your own home, grab a warm drink, put on your chunkiest sweater, and check out the below tips.

## HEAT THINGS UP

A flickering fire can instantly make any space feel intimate. If you don't have a fireplace in your home, create that warm and cozy vibe by arranging candles of different sizes and shapes into a cluster, says Kayleigh Tanner, owner of the U.K.-based blog Hello Hygge. “My favorites are Yankee Candles in scents like cinnamon and vanilla, but a bag of cheap tea lights will do the trick just as well,” Tanner says.

## BRING THE OUTDOORS INSIDE

Take a cue from nature (which is innately relaxing

and stress-busting) and add some greenery to your home. Can't keep plants alive? Add natural materials like leather, stone, and wood to your space.

## TURN OFF THE LIGHTS

Unless you have a dimmer, overhead lights are often too bright to create the homey feeling you're after. So turn off that light and rely on table lamps instead, Tanner says.

## STREAMLINE

Cozy spaces might be small, but that doesn't mean they're cluttered. Kate Marengo, founder and president of Interior Chicago, says you can't relax in spaces that are overwhelming. So before you add your hygge touches (candles, a throw, books), take a page from Marie Kondo's book and strip away any extraneous items that don't bring you joy.

## FIND SOMETHING SOFT

Texture is a big part of hygge, says Pia Edberg, Vancouver-based author of *The Cozy Life*. Edberg suggests surrounding yourself with soft items like knitted fleece throw blankets, fluffy pillows, shag rugs, and comfy furniture.

## FIND A STORY

“There are studies about how hygge in Denmark shies

far away from consumerism,” Edberg says. Instead of stocking up on mass-produced items, decorate your home with furniture and accents that are meaningful to you. Edberg says this could mean the items were given to you as gifts, you purchased them on your travels, or they are antiques with a rich history.

## KEEP THE HOT DRINKS COMING

Tanner recommends making your tea kettle your new best friend. She digs Hoogly Tea, a British company that makes hygge their business by selling creative tea blends such as Vanilla Chai, Around the Fire, and Marzipan. Not a tea person? Cocoa or coffee will also do the trick.

## SET THE TABLE

Time with family or friends, especially while sharing a great meal, is essential to the hygge philosophy, so you'll need a great dining room table. Danes love a great wooden table and hand-crafted chairs (many will pass down an Arne Jacobsen or a Hans Wegner chair from generation to generation), but any dining room set will do—the important part is spending mealtimes together, says Helen Russell, author of *The Year of Living Danishly*.

## SCRUB-A-DUB-DUB

“Not many people think about the bathroom when they're making their home cozier, but think about making a more relaxing environment for the next time you take a soothing bath,” Tanner says. You can do this by lighting a few candles and integrating essential oils and bath products with relaxing scents into your routine. Big, fluffy towels and a quality bathmat are also great additions.

## GET SMART

Technology is your secret weapon in making your home cozy, says Carly Pokornowski Moeller, owner and registered interior designer at Unpatterned in Chicago. Wireless speakers can help you use music to set the right mood throughout your home. And, Pokornowski Moeller says, adding a total smart home system (like Nest) can allow you to change the temperature or turn off the lights in any room right from your smartphone. This way you can stop running from room to room to adjust and can just be present.



# Scandinavian Heritage Association

P.O. Box 862  
Minot, ND 58702

CHANGE SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
PAID  
Minot, ND  
58701  
Permit No. 266

*THE HEART of a  
community is  
reflected  
in the  
quality  
of its  
parks.*



MINOT PARK DISTRICT  
420 Third Avenue SW • 857-4136



**TRINITY  
HEALTH**

## FirstCare Walk-In Clinic

Open Seven Days a Week  
400 Burdick Expressway E, Minot  
[trinityhealth.org](http://trinityhealth.org)

## Scandinavian Press

News from Denmark, Finland,  
Iceland, Norway & Sweden.

4 issues per year  
**ONLY \$24**

See samples  
and order online:  
[scandpress.com](http://scandpress.com)

Call free  
**1-855-675-7226**  
Creative Printing  
852-5552

In  
English



701.858.1200 / [SRT.COM](http://SRT.COM) / [f](#) [t](#)

This institution is an equal opportunity provider and employer.

*T-L*

**THOMPSON-LARSON  
FUNERAL HOME**

*"Caring Friends...  
Caring For Families"*



**Velva / Minot**

852-0406

1-800-472-2141

[www.verendrye.com](http://www.verendrye.com)

Quality  
Service at  
Affordable  
Rates

