

NHOH News

Volume 29 Number 2

Summer 2023

Published 3 times per year by: **Nord Hedmark og Hedemarken Lag**



Fra Presidenten

Summer has arrived and the Flere Lag Stevne is rapidly approaching. Everything you need to know to plan your visit to Moorhead, Minnesota in August to participate in the stevne is in this issue. The steering committee has put together a great program around

the theme of "Open Sky, Flat Land". Our keynote speaker, Lawrence Moe, will speak on the experience of our immigrant ancestors to a flat land in "Valley Voices: Open Sky, Flat Land, and Norwegians Too!". Local speakers and historical societies will explain the challenges and process of settling the area. We also have some Viking history, saga heroes, Scandinavian arts, and a few genealogy topics to fill out the program.

The tour will be a little different this year. It is on the last day of the stevne. The planning committee decided to not rent a bus for the tour since the hotel is only 10 minutes from the Hjemkomst Center and the meal will be at the Sons of Norway Lodge, a few minutes away. People can leave for home after the meal.

Things you can bring to the stevne:

- Items to sell at the silent auction; proceeds to go to the lag designated on the sale form.
- Scandinavian treats to be shared in the hospitality room.
- Friends and relatives. They may enjoy sharing the stevne experience with you and will decide to come again.

Speaking of friends and relatives, have you ever talked to them about joining the NHOH Lag so they can learn about their Norwegian culture and heritage, and get help with genealogy? Word-of-mouth is one of the best ways to pass on information. We would love to have you share information about the lag.

Sharing culture and family stories is the core of this organization. Your stories of your ancestors, your stories of yourself and close family, your knowledge of where your people came from, and all you have learned about tracking down your family through genealogy can be shared here.

Please write your stories and send them to our newsletter editor. Publishing your family stories here helps preserve your history because this newsletter is shared with members in Norway, Canada, and the U.S.A. Sharing genealogy research tips, favorite genealogy sources, and tools for preserving family history is also appreciated by our readers.

Enjoy your summer, and on those too-hot-to-be-outside days, find an air-conditioned spot and write something to share with us all.

Hilsen fra
Joy Shong

2023 Flere Lag Stevne Open Sky, Flat Land



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WHO ARE WE?

Nord Hedmark og Hedemarken Lag includes 16 kommuner in the three districts of Nord-Østerdal, Sør-Østerdal, and Hedemarken/Hamar as follows:

District 1:

Nord-Østerdal:

Alvdal
Folldal
Os
Rendalen
Tolga
Tynset

District 2:

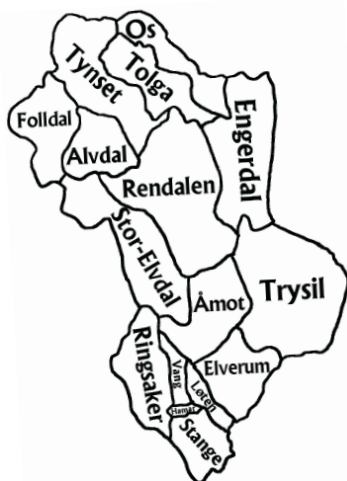
Sør-Østerdal:

Åmot
Elverum
Engerdal
Stor Elvedal
Trysil

District 3:

Hedemarken and Hamar

Furnes
Hamar
Løten
Nes
Ringsaker
Romedal
Stange
Vang



Our NHOH Purpose

The Lag is organized exclusively for educational purposes. To the extent consistent with this general purpose, the specific purposes of the Lag are to help people learn more about the history, culture, and customs of the Nord Hedmark and Hedemarken area of Norway and to aid in the preservation of that heritage; to teach and assist people in genealogy research; to gather immigration and settlement history and develop immigration data; to develop a library of resources, such as bygdebøker (farm histories) and Norwegian church, census, and probate records; and to encourage the research and writing of family, immigration, and settlement histories.

Membership

NHOH Lag members benefit from expert genealogy research assistance, receive our newsletter three times a year and are invited to participate in our annual 3-day conference.

Membership Renewal

Members need to check the year next to their name on the newsletter address label, especially on the fall newsletter.

Reminders will be sent for expired memberships early in the year following the year of expiration, with a renewal deadline of Mid-March, prior to the spring newsletter.

Members who get their newsletters via e-mail will be sent a reminder.

NHOH Website

The NHOH website can be found at: www.nhohlag.org with information on how you can become a full-fledged member of our organization.

Photos taken at previous stevner are posted on the NHOH web site. Click on the “Stevner” tab to access available photos from all past stevner. For most, you can click on the image for a larger view. And if you want to copy or save it, right click on it to use browser commands. Our newsletters, genealogy information, photos, and scholarship information are there too.

Join Our Facebook Page

Members and non-members alike are encouraged to join our Nord Hedmark og Hedemarken Lag Facebook page and participate in the discussion. We welcome those who have an interest in and/or have ancestry in the Nord Hedmark and Hedemarken areas of Norway. You don't have to be a NHOH lag member to join our Facebook page.

New Facebook page joiners must request to join on their own (we don't accept members added by others) and new joiners must briefly answer the “why do you wish to join” security questions.

To find our page, type **Nord Hedmark og Hedemarken Lag** in the Facebook Search box.



NHOH Board Members

President: Joy Shong
nhohpres@nhohlag.org

Director: Linda Domier Lowry
llowry1@cogeco.ca

Membership: Dixie Hansen
dx@dxhansen.com

Vice-President: Chris Falteisek
chrisfalteisek@gmail.com

Director: Debra Lee Pritchard
debralee320@aol.com

Genealogist: Position Open

Secretary: Jeri Johnson
jerijon@aol.com

Director: Gary Romsaas
gary.romsaas@pm.me

Webmaster: Dixie Hansen
dx@dxhansen.com

Treasurer: Julie Glowka
julieg0503@gmail.com

Past-President: Dixie Hansen
dx@dxhansen.com

Newsletter Editor: Julie Glowka
julieg0503@gmail.com

Lag Board News

Open Position

Looking for a volunteer opportunity? At this time the Genealogist position is open. While looking for someone to fill this position, Lag Board members have been teaming up to respond to questions. If you have some genealogy experience and would like to either join the team or become the lag's genealogist, please contact Joy Shong at President@nhohlag.org to get more information.

NHOH TREASURER'S REPORT

January 1 – May 31, 2023

| | | |
|--------------------------|-----------|-------------------|
| BALANCE 1/1/2023 | | \$8,232.51 |
| Income | | |
| Interest/Dividend | \$4.53 | |
| Donations - Genealogy | \$515.00 | |
| Donations - Unrestricted | \$100.00 | |
| Membership Dues | \$778.38 | |
| | | <u>\$1,397.91</u> |
| | | \$9,630.42 |
| Disbursements | | |
| Newsletter | -\$410.15 | |
| | | <u>-\$410.15</u> |
| BALANCE 5/31/2023 | | \$9,220.27 |



My Visit to a Norwegian-style Stave Church in the Harz Mountains of Northern Germany

By Linda Domier Lowry

A highlight of my recent two-week tour to Europe was a visit to the Harz Mountains region of Northern Germany, which was the ancestral homeland of my “Norsk-Tysk” (Norwegian-German) great-great grandfather, Johann Heinrich Conrad Daniel DOMEYER (AKA Henry DOMIER). Henry was born in the village of Lerbach, near Osterode am Harz, in 1832, and emigrated to Norway in the late 1850s with his half-brother to work as charcoal burners for Baron Herman Wedel-Jarlsberg’s Bærums Verk north of Oslo.

While planning our itinerary for the Harz Mountains portion of our trip, we learned that there was a Norwegian-style wooden stave church located in the small village of Hahnenklee - a climatic health resort with 1100 inhabitants, located a 30 minute drive from my ancestor’s home village of Lerbach.

The **Gustav Adolf Stave Church** (*Gustav Adolf Stabkirche*) in Hahnenklee was designed by Professor Karl Mohrmann (1857-1927), who was a Professor of Medieval Architecture at the Technical University of Hanover, and part-time church architect for the Evangelical Lutheran Church of Hanover, Germany. It was built to replace a much smaller prayer room, which by 1900 was not large enough to accommodate the numerous visitors to this popular tourist destination as a “spa town”. Professor Mohrmann advocated for a wooden church, as this construction method was a good fit with the Upper Harz landscape. He based his design on the architectural style of Norwegian stave churches, including the Borgund Stave Church, which he had visited on a study trip to Norway. The church was constructed over a period of 10 months in 1907-1908 using local Harz wood and was consecrated on June 28, 1908. It is much larger and brighter than the original stave churches of Norway and has many familiar elements including ship symbols and carved dragon heads. It has a Goll organ (installed in 1994) and a bell tower (added in 1975) featuring a large carillon (*turm-glockenspiel*) with 49 bells. Organ and carillon concerts are held regularly between May and October. It is also a popular choice as a wedding venue.

- For pictures of the interior and exterior of the stave church, please see:
[https://commons.wikimedia.org/wiki/Category:Gustav-Adolf-Stabkirche_\(Hahnenklee\)](https://commons.wikimedia.org/wiki/Category:Gustav-Adolf-Stabkirche_(Hahnenklee))

To learn more about the Gustav Adolf Stave Church in Hahnenklee, please visit these links:

- <https://www.hahnenklee.de/pure-culture/stave-church>
- https://en.wikipedia.org/wiki/Gustav_Adolf_Stave_Church
- <http://www.stabkirche.de/> (in German)



A carved viking on the outskirts of Hahnenklee directs you to the *Stabkirche* (April 2023)
Photo by Linda Domier Lowry



Linda posing in front of the Gustav Adolf Stave Church in Hahnenklee, Germany in April 2023.
Photo by Linda Domier Lowry

In Memoriam

John Edward Kittleson



John Edwards Kittelson, son of Helmey and Ella (Grunning) Kittelson, was born in rural Norway Township in Lincoln County, SD, on July 19, 1936. When John was 5 years old his father died and the family moved to

Sioux Falls, where he grew up and graduated from Washington High in 1954. He then attended Augustana College for one year before entering the United States Air Force. While in the service he trained to become a Jet Fighter Pilot. After his military duty he returned to South Dakota and attended the University of South Dakota and later graduated from Augustana College. He also graduated from the University of Northwest Missouri State and the US Air Force Command and Staff College.

On June 28, 1959 he was united in marriage to Marcia Gunderson in Aberdeen, SD. The couple then moved to Santa Monica, CA, where John worked for System Development Corporation. While there, John flew with the Oxnard, CA, Air National Guard. In 1964 the couple returned to Sioux Falls where he began working with Raven Industries as a project manager and continued his military service with the SD Air National Guard. In 1972 John began his career with New York life and was presently still working.

John was a long-time member of First Lutheran Church. He was very active in the local, state and national insurance industry serving on legislative committees and working as a lobbyist. He was active for 36 years in the Air Force, Air National

Guard and Air Force Reserve, retiring as a Full Bird Colonel. His community involvement was extensive. He served as a local president and district Lieutenant Governor for Optimist International. John was active in Rotary, Veterans Affairs Committee, Military Officers Association of America, the Sioux Falls Chamber of Commerce, boards of SD Children's Home Society, SD Investment Society, Sioux Falls Boys Club and Sioux Falls Airport Authority. He was also a proud member of the El Riad Shrine and a 32nd degree Scottish Rite Mason.

Grateful for having shared his life are his wife, Marcia Kittelson, Sioux Falls, SD; his children, John Kittelson, Houston, TX, Susan (Jeff Miller) Doty, Sioux Falls, SD; four grandchildren (Katherine, Jillian, Nicholas and Elizabeth), 1 great grandchild; his brothers, Desmond (Linda) Kittelson, San Antonio, TX, and Karol (Joan) Kittelson, Yankton, SD; and a host of other relatives and friends.

He was preceded in death by his parents and a sister, Beverly Claussen.



Nordmanden Serendipity

By Morten Undseth and Julie Anderson Glowka

Genealogists sometimes find something good without looking for it. Call it unexpected good luck. Such is the case with the giant from Østerdalen.

Recently, my distant cousin in Norway, Morten Undseth, stumbled over a notice in an old newspaper that had an article on Østerdalslaget. It was published in approximately 1936-7 and tells about a “giant,” the strongest man in the district. The giant from Østerdalen. He is described like this in the magazine/paper “Nordmanden” (the Norseman) in no. 32. *In Kathryn I met this strong man from Østerdalen, by the name of P. N. Undseth, who has become strong due to drinking sour milk. He drinks several gallons of sour milk a day, his favorite drink. You have to search a long time for a stronger man. Mr. Undseth owns and runs a hotel in Kathryn, as well as operating the telephone central in the same building. At the same time he is a farmer, a very thrifty man. He is a reliable Sons of Norway member and was the president for many years in the city. In the picture of Østerdalslaget in Fergus Falls in 1935, this giant appears in a gray suit as the biggest/tallest in the lag.*

Since P. N. Undseth was described in the article, Morten reached out to me to find a copy of the 1935 Østerdalslaget photograph taken in Fergus Falls, Minnesota, to see if he could identify P. N. Undseth.

I forwarded Morten a copy of the photograph along with information I found about P. N. Undseth. From North Dakota census records, I was able to determine that his name was Peder N. Undseth and that at the time of the photograph he would have been 57 years old. He was born in Norway and lived in Kathryn, North Dakota.

With the description from the article and the fact that we knew he was 57 years old, Morten was able to identify him in the photograph. Morten found that his name was Peder Nilsen Undseth and that he was born in Øvre Rendalen on the farm Millehaugen in 1877. Millehaugen is a farm in the community/cluster of farms that are situated in Unset (Undseth).

Morten also posted the 1935 Østerdalslag photograph on several Rendalen Facebook pages to see if anyone was able to identify anyone else. In response someone was able to find her grand uncle Anders (Andrew) Urseth in the photo. Anders was born in Tolga in 1876.



Peder Nilsen Undseth
b 1877 Øvre Rendal



Anders
(Andrew) Urseth
b 1876 Tolga

Check out the other lag members who were previously identified in the 1935 Østerdalslaget photo on the following pages from the 2003 Spring NHOH Lag Newsletter.

Success Story - Thanks for Helping us Identify Former Osterdalslaget Members

In the Spring 1999 and Fall 2000 issues of *NHOH News*, we published (in sections) the oversized panoramic group photos taken at the Osterdalslaget Meetings in Eau Claire (1917) and Fergus Falls (1935). Since then 7 of our members have recognized 27 relatives and friends in these photos. You'll find those identifications on these 2 pages. With your help we hope to continue to put names and faces from our past together. Group photos from the 1913, 1917, and 1935 meetings are posted on our website at www.nhohlag.org. If you can identify someone or if you know of the location of photos from any of the other Stevne years, I would like to hear from you.

Dixie Hansen 1411 Osceola Ave Saint Paul, MN 55105-2312



1913
Anton Dybrand - Trysil
Maria Hagen Dybrand - Rendalen
Identified by Marie Brown



1935
possibly B.J. Blikstad
Identified by Esther Ugstad

1935- *Identified by Bob Olson, son of Olaf*



1. Olaf H. Olson
2. Anna Maria Hansdatter Aasegard (*Bob's Grandmother*)
3. Hans Hanson Aasegard (*Bob's Great Uncle*)

1917

Karen Karlsdatter Sterud
from Nes



Identified by Etta Johnson

Mrs. S.F. Anderson



1935 - *I.D. by Bob Olson*



1. Nina Floberg Gronaas
2. Lucy Wegge Gronaas (born N.D.)
3. Olaf Gronaas (born in Trysil)

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Andrew Embertson
1935 - identified by Bob Olson

Hans Peterson of Spring Valley / 1935



Hans was identified by Betty Larson of Spring Valley

1935

Peter C. Swendsrud (from Fasberg, Gubrandsdalen)
and his wife, Inger Nelson (born in Otter Tail Co. MN)
Identified by Esther Ugstad



Correction:
Fåberg,
Gubrandsdalen

Andrew Samuelson / 1935
(twin to Sam Samuelson above)

1. Anne Marie Skavern Luvaas (Gammelgarden near Osen)
2. Albert Luvaas (Bradley, SD)
3. Manda Luvaas Sparby (Sore Luvassen near Osen)
4. Harald Sparby?



1935 - Identified by Margaret Schmieding
(granddaughter of Albert and Anne Marie)

1935 - #1-6 Identified by Bob Olson



1. Alva Samuelson (daughter of Ole and Petra)
2. Petra Samuelson (wife of Ole Samuelson)
3. Sam Samuelson
4. Ole Krogan
5. Ole Samuelson
6. Peter Simenson
7. Ole O. Jacobson Spring Valley
(# 7 Identified by Betty Larson
of Spring Valley)



Stevne Tour – Hjemkomst Center



Photo by Chris Falteisek

The Hjemkomst Replica Viking Ship –

A descendant of Norwegian immigrants and their older Viking counterparts, Robert Asp, decided that he would return to the sea. Robert dreamed of building a Viking ship with his brother. A ship modeled after the Gokstad burial ship and he would sail it to Norway.

In July, 1980, the ship was completed and removed from the old potato warehouse, in Hawley, Minnesota where it had been built. In August, 1980 the ship was escorted to Duluth and launched in Duluth Harbor. Robert assured the port authority that the Hjemkomst would float but couldn't guarantee that it would float right side up. On August 8, 1980, the Hjemkomst took her maiden voyage under her own power.

In 1982, after the crew received the required training and raised the needed capital, the ship set sail for Norway.



Join the tour to learn more about the history of this ship and its journey to Norway.

Hopperstad Stave Church Replica

Built between 1996 and 2001, the Moorhead Stave Church (or Hopperstad Stave Church Replica) in Moorhead, Minnesota, stands as a testament to Norwegian culture and heritage in the Midwest.



Photo by Chris Falteisek

Scandinavian stave churches were built during the twelfth and thirteenth centuries. The name comes from the support pillars (staves) in their interiors. Between 900 and 1000 stave churches were built in Norway.

As of 2017, twenty-eight stave churches remain in Norway. One of these is the Hopperstad Stave Church, which for nearly 900 years has stood on the outskirts of Vik. It was this church that Guy Paulson chose to replicate in the 1990s.

At seventy-two feet in height, the church is a full-scale replica of the original. There are eighteen staves, each standing twenty-seven feet tall. The main structure is made of pine from Minnesota, with the portal carving done in redwood; 24,000

Michigan cedar shingles adorn its roof. While modern construction methods and tools were used, Paulson did all the carvings by hand.

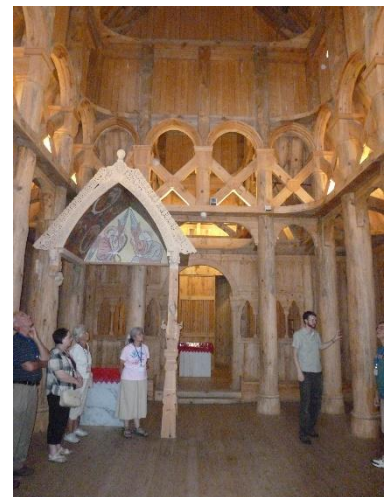


Photo by Chris Falteisek

Lunch - After the stop at the Hjemkomst Center, the tour concludes with lunch at the Sons of Norway Lodge, located just one mile from the Hjemkomst Center.

Stevne Activities

Genealogy Lab

Genealogy is always a popular activity at the Stevne. Lots of help is needed to run the NHOH Genealogy Lab. If you are able to help, please contact Joy Shong at shongjc@sbcglobal.net. Refer to the enclosed Agenda to find out when the lab will be open.



On the first day of the stevne we will again offer 5-to-20-minute mini-genealogy demos throughout the afternoon and evening. These sessions are designed to provide information about tools and search tips for researchers without taking too much time away from work in the genealogy room. Tentative topics are:

How to find genealogy training videos, Family Search Wiki, Digital Archive Search Tips, Advanced Google Search, Dictating in MS Word, and Find A Grave tips.

Tre-Lag Musicians



Do you sing, play a musical instrument or have some other surprising musical talent? We invite you to join the musicians in providing an evening of Nordic music. Contact Robin Fossum at rkfossum@gmail.com for more information.

Photo by Linda Sutton Folk



Photo by Linda Sutton Folk

Bunad Parade

Don't forget your bunad or festdrakt and join in the bunad parade during Thursday's Banquet.

Hospitality Room



In between stevne sessions, stop in the hospitality room to visit with other attendees and get a treat. Treats are provided by stevne attendees so get out your aprons and cook up some Norwegian delights (purchased treats are also very welcome).

Photo by Chris Falteisek

Silent Auction

Bring items of Scandinavian cultural interest to the Genealogy Lab to be auctioned off. Be sure to fill out a tag for each item and give the auction item a name, such as candle holder or rosemaled bowl, and provide a brief description. Proceeds from the sale of each item will go to the member's lag, so use the color coded tags for the lag you belong to. If you belong to more than one lag use the color coded tag for the lag that should receive the proceeds. Items can be paid for by cash or check only. After the auction, each lag will receive payment from the Stevne Treasurer.



Flere Lag Stevne Schedule

Moorhead, Minnesota

(Schedule is tentative and subject to change)



“Open Sky, Flat Land”

Tuesday, 1 August 2023

| Time | Event |
|--------------------|---|
| 12:00 PM - 8:00 PM | Registration Desk Open |
| 1:00 PM - 9:00 PM | Genealogy Lab Open |
| 1:00 PM - 4:00 PM | Silent Auction <i>(drop-off items for the auction only)</i> |
| 1:00 PM - 9:00 PM | Vendor Displays Open (for vendors arriving Tuesday) |
| 1:30 PM - 4:45 PM | Genealogy Research Mini-Demos <i>(every hour on the half hour)</i> |
| 3:00 PM - 8:00 PM | Hospitality Suite Open <i>(OK to drop off items starting at 2 PM)</i> |
| 4:00 PM - 8:00 PM | Silent Auction Open for Bidding |
| 5:00 PM - 6:30 PM | Light Dinner Onsite <i>(elective, see registration form to reserve)</i> |
| 7:00 PM - 7:15 PM | Genealogy Research Mini-Demo |

Wednesday, 2 August 2023

| Time | Event |
|---------------------|--|
| 7:45 AM - 8:45 AM | Nord Hedmark og Hedemarken Annual Business Meeting |
| 8:30 AM - 4:00 PM | Registration Desk Open |
| 8:30 AM - 9:00 PM | Silent Auction Open for Bidding |
| 9:15 AM - 9:45 AM | Opening Ceremony |
| 9:45 AM - 10:45 AM | Keynote: Valley Voices: Open Sky, Flat Land, and Norwegians Too! — Lawrence Moe |
| 10:45 AM - 9:00 PM | Genealogy Lab Open |
| 10:45 AM - 9:00 PM | Vendor Displays Open <i>(the public is welcome)</i> |
| 11:00 AM - 12:00 PM | Seminar: Encounter on the Great Plains — Karen Hansen <i>(via Zoom)</i> |
| 12:00 PM - 1:30 PM | Lunch <i>(on your own)</i> |
| 12:30 PM - 5:00 PM | Hospitality Suite Open |
| 1:30 PM - 2:30 PM | Seminar A: Beowulf: Heroes, Monsters, Treasure, and a Dragon — Lawrence Moe |
| | Seminar B: Genealogy Topic — Shauna Kurth |
| 2:30 PM - 3:00 PM | Break <i>(Visit Vendor Displays and Hospitality Suite)</i> |
| 3:00 PM - 4:00 PM | Seminar A: An Immigrant's Tale — Roger Hellesvig |
| | Seminar B: Toils on Soils: How Regional Geology Impacted Euro-American Settlement in the Fargo-Moorhead Region — Donald Schwert |
| 4:15 PM - 5:15 PM | Solørlag Annual Business Meeting |
| 5:15 PM - 6:15 PM | Romerikslaget Annual Business Meeting |
| 5:30 PM - 7:00 PM | Box Meal <i>(elective, see registration form to reserve)</i> |
| 7:00 PM - 8:00 PM | An Evening Concert of Nordic Music presented by the Flere Lag Stevne Musicians <i>(If you would like to join the performers, contact Robin Fossum, rkfossum@gmail.com)</i> |

continues on next page...

Thursday, 3 August 2023

| Time | Event |
|---------------------|---|
| 7:45 AM - 9:00 AM | Trønderlag Annual Business Meeting |
| 8:00 AM - 4:00 PM | Registration Desk Open |
| 8:00 AM - 5:00 PM | Vendor Displays Open |
| 8:00 AM - 4:00 PM | Silent Auction Open for Bidding |
| 9:00 AM - 2:00 PM | Genealogy Lab Open |
| 9:00 AM - 2:45 PM | Hospitality Suite Open |
| 9:15 AM - 10:15 AM | Seminar A: Founding Clay County — Markus Krueger |
| | Seminar B: Oh No! Where Did it Go? — Claudia Berg |
| 10:00 AM - 10:30 AM | Break – <i>(Visit Vendor Displays and Hospitality Suite)</i> |
| 10:45 AM - 11:45 AM | Seminar A: Jubilee of the Battle of Hafrsfjord 2022 — Lars Walker |
| | Seminar B: "Who the Heck?" - Identifying Mystery DNA Matches — Dennis Haarsager |
| 11:00 AM - 3:00 PM | Hospitality Area Open |
| 11:45 AM - 1:15 PM | Lunch <i>(on your own)</i> |
| 1:15 PM - 2:15 PM | Seminar A: The Arts and Crafts of Ancient Scandinavia — Sven Lindauer |
| | Seminar B: Free Land! — Mark Piehl |
| 2:15 PM - 2:45 PM | Break – <i>(Visit Vendor Displays and Hospitality Room)</i> |
| 2:45 PM - 3:45 PM | Seminar A: Under Prairie Skies — Solveig Kitchell |
| | Seminar B: Red River Girl — Mark Piehl |
| 4:00 PM - 4:30 PM | Silent Auction - Winning Bidders: pick-up and pay for your items |
| 5:15 PM - 6:15 PM | Social Hour with Cash Bar |
| 5:15 PM - 6:05 PM | Lag Group Photos |
| 6:00 PM - 8:45 PM | Stevne Banquet • Entertainment: Sons of Norway Kringen Lodge Accordion Band • Bunad Parade |

Friday, 4 August 2023

| Time | Event |
|--------------------|--|
| 7:45 AM - 8:45 AM | Gudbrandsdalslag Annual Business Meeting |
| 9:30 AM - 11:30 AM | Tour: Hjemkomst Center <i>(registration required)</i> - includes a chance to explore the Clay County Museum, the Hjemkomst Viking Ship, and the Hopperstad Stave Church replica. <i>(Hjemkomst is a 10-minute self-drive from the hotel or car-pool with others)</i> |
| 11:45 AM - 1:00 PM | Lunch at the Sons of Norway Lodge <i>(registration required)</i> 1 mile from the Hjemkomst Center |
| 1:00 PM | Head on home! <i>We hope to see you in Willmar, MN for Flere Lag Stevne, August 2024</i> |

To reserve a hotel room at the
Courtyard by Marriott Fargo-Moorhead
1080 28th Ave S; Moorhead, MN

Call Hotel Direct: 1-218-284-1000 or book online:
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1667323853813&key=GRP&app=resvlink>

Flere Lag Room Rate: \$114/night + tax



Flere Lag Stevne Registration

Courtyard by Marriott Fargo-Moorhead
Moorhead, Minnesota

August 1 - 4, 2023



"Open Sky, Flat Land"

Stevne pre-registration requested by 21 July 2023

Walk-in registrations are permitted if space is available. Reservations are required for tour and meals. Participants must make hotel reservations independently (*Book hotel by 1 July 2023 for the Flere Lag Rate*)

First and Last Name (Registrant A)

Nickname? (for nametag)

First and Last Name (Registrant B)

Nickname? (for nametag)

Street Address

City, State, Zip

E-mail Address

Phone #

Flere Lag Stevne (August 1-4, 2023)

| | \$ Each | # of Reg | Total \$ |
|---|---------|----------|----------|
| 4-Day Stevne Registration (Tuesday through Friday) | \$40.00 | x | \$ |
| <u>or</u> 1-Day only Stevne Registration (specify day): _____ | \$20.00 | x | \$ |
| Tues Light Dinner (Soup+Sandwich <u>or</u> Garden Salad w/ Chicken) * | \$18.50 | x | \$ |
| Wed Evening Box Meal (turkey sandwich, chips, pickle, & cookie) | \$20.00 | x | \$ |
| Thur Evening Banquet (Pork Loin Au Jus <u>or</u> Chicken Cordon Bleu) * | \$36.00 | x | \$ |
| Fri Tour – Hjemkomst Center and Lunch at Sons of Norway Kringen Lodge (self-drive or carpool) | \$24.00 | x | \$ |
| Total Enclosed | | | \$ |

*Meal Choices (Tuesday & Thursday)

Registrant A

Registrant B

Tues Light Dinner (Soup & Sandwich or Salad)

Thur Banquet (Pork or Chicken)

The Flere Lag Musical group jams and entertains at the Stevne. Would you like to participate? _____
for more information, contact Robin Fossum at rkfossum@gmail.com)

Make check payable to **Flere Lag Stevne** and send payment and registration to:

Attn: Dixie Hansen
Flere Lag Stevne Registration
1411 Osceola Ave
Saint Paul, MN 55105-2312

Courtyard by Marriott Fargo-Moorhead (*located in Moorhead, MN*)
The deadline for booking at the Flere Lag Stevne rate is 1 July 2023

The Stevne will be held at the Courtyard by Marriott / Fargo-Moorhead located at 1080 28th Ave S, Moorhead, MN. To book a room, call the hotel direct at 1-218-284-1000 and ask for the Flere Lag rate or book at the Flere Lag online booking link here:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1667323853813&key=GRP&app=resvlink>

The Flere Lag Stevne rate is \$114/night + tax (*rooms are "run of house"*)

Parking is complimentary. Note that breakfast is not included but the Marriott's onsite *Bistro* is open for purchase of breakfast items or you can venture out to one of the many nearby restaurants).

Flere Lag Stevne has blocked rooms for the nights of

| | |
|-----------|--|
| Monday | 31 July 2023 (<i>for those arriving a day early</i>) |
| Tuesday | 1 August 2023 |
| Wednesday | 2 August 2023 |
| Thursday | 3 August 2023 (<i>checking out on Friday the 4th</i>) |

Welcome New Members

NHOH Ancestors from:

| | |
|-------------------------------------|---|
| Ginny Carlson – Moorhead, MN | Folldal, Løten, Romedal and Vang |
| Deb Johnson – Perham, MN | Folldal, Løten and Vang |

NHOH Newsletter

The newsletter is published three times each year – Winter, Summer and Fall

Members are encouraged to submit to the newsletter. Articles, photos and graphics relating to Norwegian history, culture, emigration and Lag activities, especially those with ties to the NHOH geographical area are invited. Articles may be historical in nature or may highlight current resources available to help members research their heritage. Articles about Norwegian/American community events of interest to our members are welcome.

Send your contributions to the Newsletter Editor: Julie Glowka: julieg0503@gmail.com

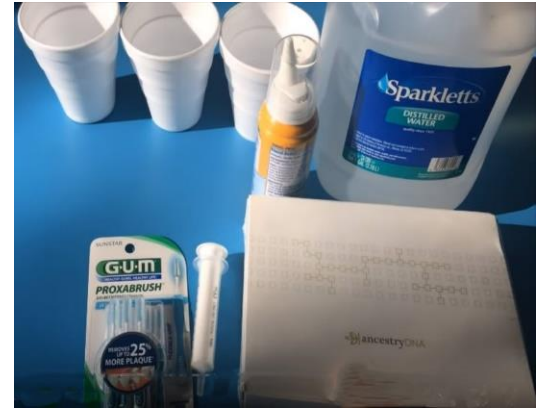
Policy on advertising in the newsletter: The Board approved that the newsletter editor will accept advertising related to Norwegian culture, heritage and genealogy. Eighth and quarter page ads will be sold for \$15 and \$25, with funds to help offset the cost of producing the newsletter.

How to make spit for a DNA test

Have you or someone you know had difficulty producing enough spit for a DNA test? If you have, this process I found will help. I used this on a family member who was having difficulty providing enough spit for the test and it worked like a charm. We followed this process for an AncestryDNA test. It didn't take any longer for Ancestry to process the test than normal and it correctly identified their relationship to family members who had already taken the test. The step by step instructions I found are reprinted below and at the bottom of the page is the link to both the instructions and a video that will show you how it's done.

Supplies:

- Distilled water
- 3 clean disposable cups
- 1 measuring syringe
- [Simply Saline Adult Nasal Mist](#) (DO NOT get saline with other additives or medications)
- [GUM Go-Betweens Proxabrush Cleaners](#) (Wide works best)
- Your DNA spit kit of choice (I used [AncestryDNA](#) but [23andme](#) works too!)



1: Create Your Artificial Saliva Solution

1. Pour a fair amount of distilled water into one of the clean cups.
2. Spray a small amount of saline into another clean cup until it pools in the bottom.
3. Measure 99ml of distilled water into the third clean cup.
4. Measure 1ml of saline into the third clean cup.
5. Discard the two unmixed cups.

2: Take Your Sample

Now the fun part! You will need to obtain your sample.

1. Measure approximately 5ml of your artificial saliva and fill the test tube 2-3mm ABOVE the fill line. As you remove swabs, liquid will be removed from the container, so overfilling it very slightly will not be a problem.
2. Swab the GUM brushes on the cheeks 10-20 seconds, then place tip down into the DNA tube to soak for another 10-20 seconds. You may "stir" them in the tube as well. Remove the swab carefully allowing the liquid to drip off of it and into the vial, and scraping the swab along the edge to ensure as much is left behind as possible.
3. Repeat above until all 8 swabs have been used. While swabbing, it is best to leave the previous swab in the solution to soak.

Note: If the mouth is especially dry, dip the swab tip in your excess solution before swabbing.

3: Proceed as normal

At this point, your saliva sample should look identical to actual saliva. It's actually pretty cool. If you tilt and swish it near a light source, you should be able to see debris from the cheeks and it should be thick and slimy just like actual spit. Screw on the cap with the stabilizing liquid, place it in the pouch, seal the box and ship it in!

Below is a link to the step-by-step instructions written by the person who created the process and the video on how to create the saliva for the DNA test.

<http://geneticpi.com/index.php/2021/03/29/how-to-do-a-dna-test-without-spit/>

Nord Hedmark og Hedemarken Lag News

Julie Anderson Glowka, Editor

2330 Hillside Ave. St, Paul, MN 55108



NHOH Lag Membership Renewal or New Memberships Form

Memberships include your spouse, so please include both names if applicable. Gift memberships welcome. Make check payable to **NHOH Lag** and send with completed form to:

Dixie Hansen, NHOH Membership, 1411 Osceola Ave, Saint Paul, MN 55105-2312

Name(s) _____

Phone: _____

Address _____

E-mail _____

☐ Renewal ☐ Gift Membership ☐ New

Ancestors in Hedmark from kommune: (check all that apply)

☐ Åmot ☐ Alvdal ☐ Elverum ☐ Engerdal ☐ Folldal ☐ Furness ☐ Hamar ☐ Løten ☐ Nes ☐ Os
☐ Rendalen ☐ Ringsaker ☐ Romedal ☐ Stange ☐ Stor-Elvdal ☐ Tolga ☐ Trysil ☐ Tynset ☐ Vang

If kommune unknown, list parish, town, or other geographic place _____

Volunteers Needed

The lag is only possible because of the work of many volunteers. Please consider volunteering for any of the following:

- Newsletter (contribute articles, assist with mailing, suggest topics for articles, etc.)
- Leadership (Officers: President, Vice President, Secretary, Treasurer/Membership, Board members)
- Genealogy / Web page
- Stevne (planning, registration desk, staff hospitality room, help lag genealogist in lab)
- Anything you think the Lag should provide as a service!

I would like to volunteer for: _____

Newsletter delivery preference: ☐ US Mail ☐ Online

Dues for Individuals/Couples: ☐ 1 year (\$10) ☐ 2 years (\$18) ☐ 3 years (\$25) **Total Dues** _____

Genealogy Donation _____

NHOH is an IRS 501(c)(3) educational tax-exempt non-profit organization

Total Enclosed _____