

NHOH News

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Fra Presidenten

My mother was a prolific letter writer. She wrote long, newsy letters to friends, relatives, everyone she cared about. She wrote to check in with people, to see how they were doing. She sent condolences and offers of support. She wrote about the mundane activities of

her life, but she wrote in a way that made those events engaging. People saved her letters, and many returned them to her in batches. I have boxes of letters to and from my mother. I can't keep everything, so my plan is to scan the letters and save them to my computer, then donate any to the Wisconsin State Historical Society if they will take them. After putting off doing this since 2008, I just started scanning the letters.

I began with 40 letters she wrote to my father when she was working at a U.S. Navy air station in Atlanta, GA that trained pilots, while he was in flight school for the Army Air Corp in Oklahoma. My father numbered the envelopes, which began with number 81 and ended at 121. I don't know if the letters before and after these numbers were lost in one of our many Air Force transfers, or if they were discarded.

Copying them has been a slow process because I keep stopping to read the letters. I found out that my mother had worked in La Crosse, WI before joining the Navy in the early 1940's. I never knew that. When returning from a week of leave from the Navy, the train ride to Chicago was on a modern, comfortable train. The rest of the trip from Chicago to Atlanta was on old, dirty, uncomfortable trains. My mother did not have to milk cows on the farm she grew up on because that was her brothers' job. They teased her and dared her to learn how to milk cows. She used that knowledge when her unit of Waves visited a dairy farm in Georgia and the farmer made all the girls try milking. She waited to be last and was able to show off.

All these trivial details made me think of how much of our personal histories are lost because of the way we share our stories. How many people still write letters? Who saves them? How many people write in diaries? How many emails, text messages and social media posts will be lost forever after we are gone?

Doing genealogic research can provide facts found in public records but the daily, mundane activities and events are harder to find. Those digital communications we make, as important as they are at the moment, may not be easy to find to fill in the blanks about our stories.

Maybe we should all find ways to share what we know about ourselves and our ancestors to make our stories memorable.

Hilsen fra
Joy Shong

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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:

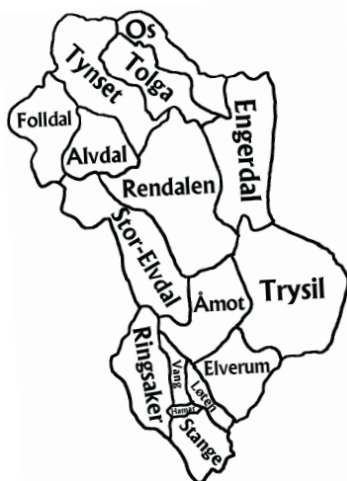
Sør-Østerdal:

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

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llowry1@cogeco.ca

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Director: Gary Romsaas
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julieg0503@gmail.com

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dx@dxhansen.com

Newsletter Editor: Julie Glowka
julieg0503@gmail.com

Webpage Status

We have had problems with editing the NHOH web page. We can no longer post the newsletters or other new content to the page. The board discussed moving the page to another hosting company and are looking into other programs for editing the page. If you have any web development skills, or know someone we can ask for help, we are in great need of your assistance. Please consider volunteering your time and talent to keep NHOH Lag information available to our members and the public. Please email nhohpres@gmail.com to volunteer or to ask questions.



Nes Kirke

There has been a church in this location on Lake Mjøsa since approximately 1250. The original was likely a stave church. This latest building was extensively restored in 1961-1964.

Photo courtesy of Chris Falteisek

Genealogy Brief Demos from the Flere Lag Stevne

One of the popular features at the Flere Lag Stevne are the brief genealogy demonstrations. They are designed to be short explanations, for 5 to 20 minutes, of topics about useful tools and techniques to help people with their research, preservation, and family history development. The goal is to provide tips people can try while at the stevne, while allowing more time in the genealogy room rather than in lectures. For those of you who were not able to attend the stevne, we will print enhanced handouts from the demos in this and future newsletters. The second of these presentation articles can be found on the next page in this issue of the newsletter.

How to Dictate in Microsoft Word, Joy Shong, FLS 2023

I have many handwritten letters from my mother and other people filled with lots of stories and information about my family. My grandchildren cannot read cursive. I was going to transcribe the letters so they could read them but thought recording them while reading them aloud would be faster. Microsoft Word has a built-in feature for recording dictation. Here are brief instructions:

Can't find the dictate button

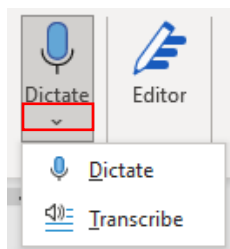
If you can't see the button to start dictation:

- Make sure you're signed in with an active Microsoft 365 subscription
- Dictate is not available in Office 2016 or 2019 for Windows without Microsoft 365
- Make sure you have Windows 10 or above

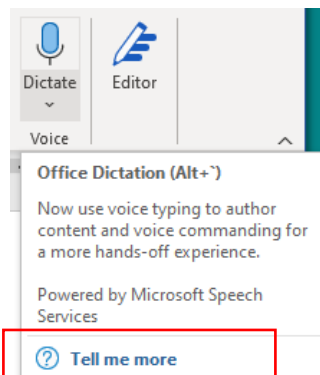
In the Help file for the dictate feature it says it is only available in Microsoft 365, not in older versions.

There are other programs available for recording dictation mentioned at the end of this article.

The Dictate button is on the right side of the Home ribbon.

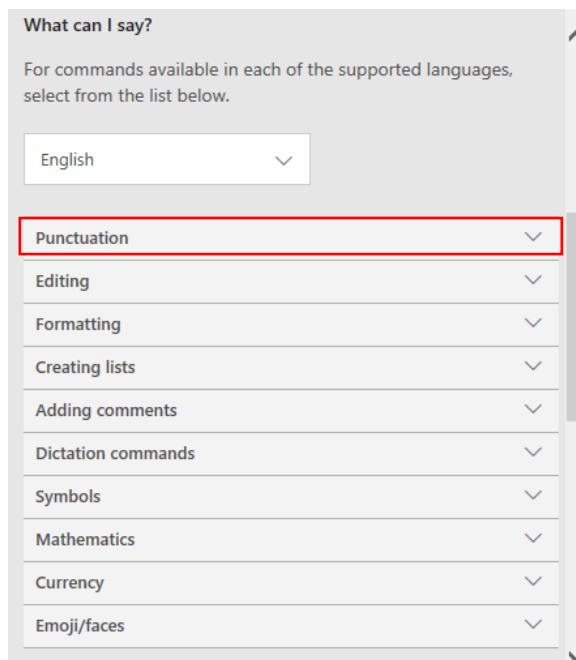
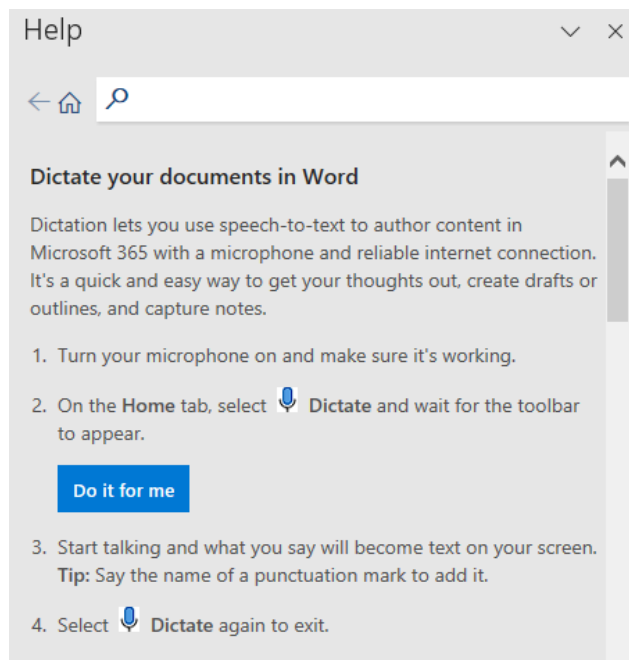


Click arrow to see choices.



Hover mouse over button to see note.

Click **Tell me more** to open Help.



Follow the instructions. Scroll through help. Click menu items to expand topics.

Example: **What can I say: Punctuation**, speak the phrases or words on the left to get the output shown.

| Phrase(s) | Output |
|------------------------|----------|
| period, full stop | . |
| comma | , |
| question mark | ? |
| exclamation mark/point | ! |
| new line | new line |
| apostrophe-s | 's |
| colon | : |
| semicolon | ; |
| open quotes | " " |

More Information

- Spoken languages supported
- Dictation settings
- Tips for using Dictation
- Privacy

Troubleshooting

- Can't find the dictate button
- Dictate button is grayed out
- Microphone isn't working
- Dictation can't hear you
- Accuracy issues or missed words

Check More Information and Troubleshooting for tips on use.

Example: In Spoken Languages Supported – **Norwegian Bokmål** is a Preview language. Preview Languages may have lower accuracy or limited punctuation support.


Other Software for Dictation

Search online for “dictation software for windows”, “dictation software for “; “voice recognition software for...”, etc. Include “free” in the search to limit responses.

Sample results from searches:

Is there a free program that Converts audio to text?

1) **Converse Smartly**. We included Converse Smartly in this list of the best free speech-to-text software because of its powerful and robust technology. It can quickly and accurately convert any audio stream to text, including dialogue or discourse from team meetings, conferences, interviews, and seminars.

 folio3.ai
<https://www.folio3.ai/blog/best-free-speech-to-text-so...>

Google Docs Voice Typing Dictation Software

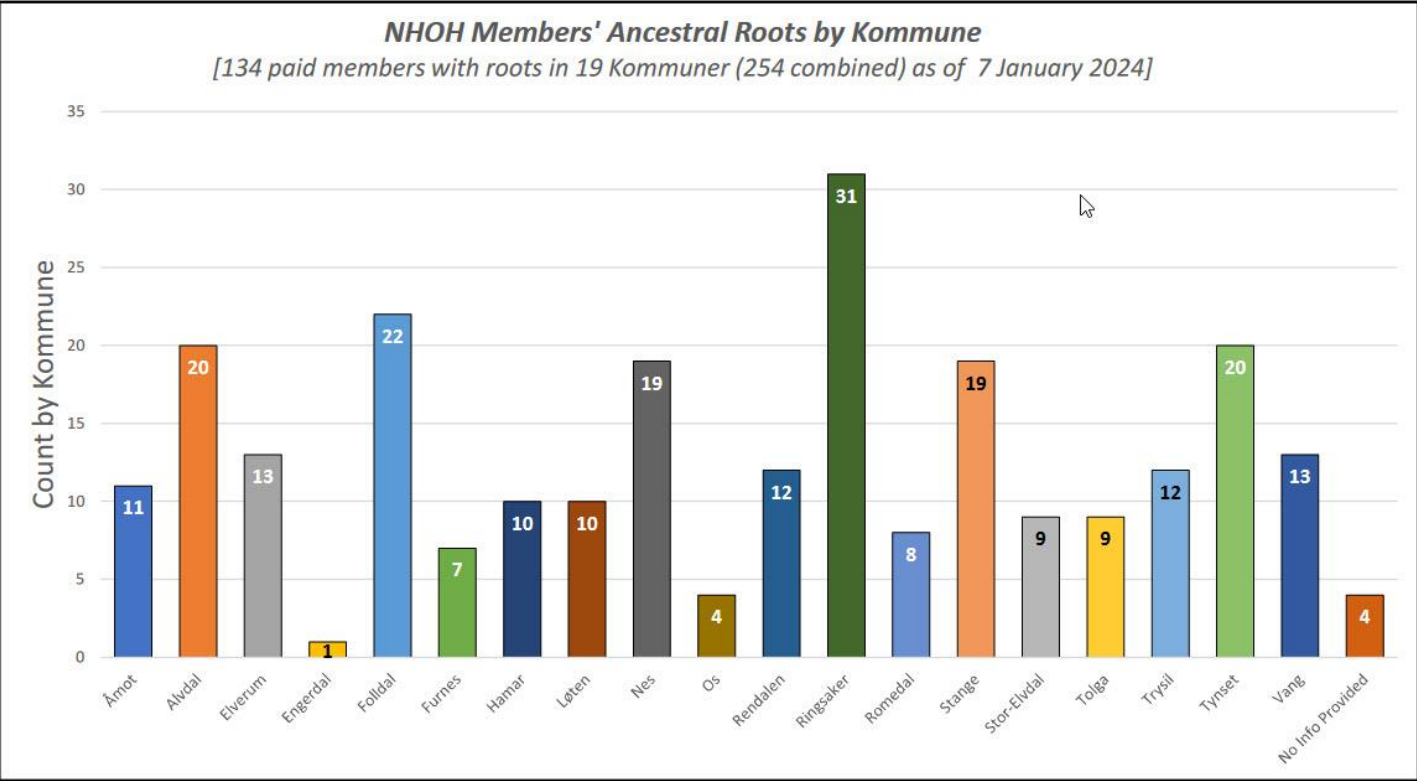
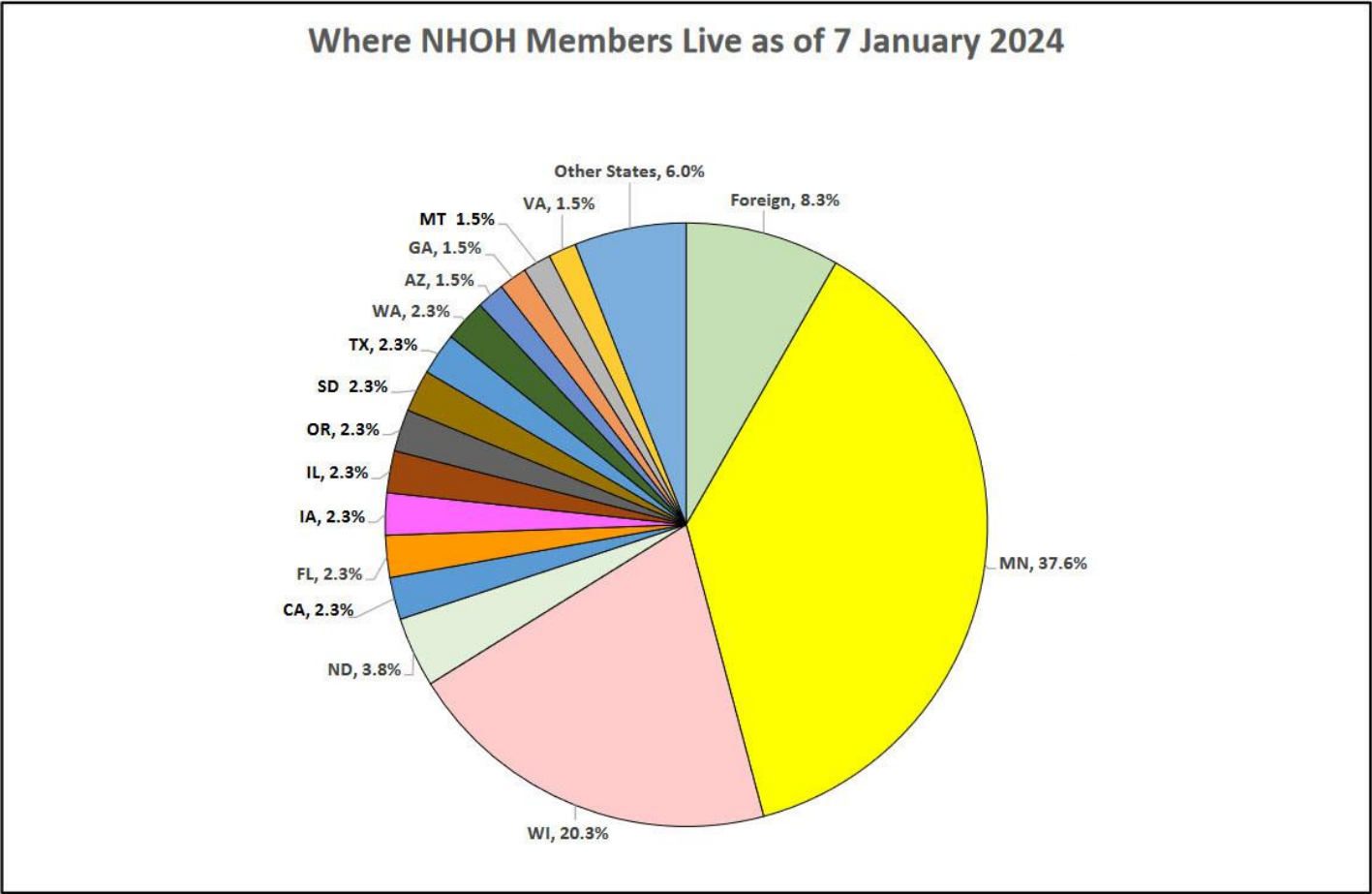
Google Docs - a free, powerful dictation tool. Lets you type with your voice on Google Docs, but you can also leverage over 100 voice commands to edit and format your document in almost every way possible, like making bullet points, italicizing or bolding text, and moving your cursor to different parts of your document.

To use *Voice Typing* on Google Docs, click on “Tools”, “Voice Typing”, and let Google access your laptop’s microphone.

Available On: The Internet Price: Free

Curious About Our NHOH Membership?

The charts below show where our current members reside and their ancestral roots by kommune.



BYGDEBOK UPDATE

by Larry West

As many NHOH members know, Norwegian “bygdebøker” (books about farms in rural communities) can be a rich source of genealogical information in Norway. These reference books outline the history of farms and farm residents in a rural municipality (a “bygde”) or parish. (Note: “bok” means book and is pronounced about the same; “bøker” is plural.) The books were typically written by someone living in the area. They were not standardized, so each book or set of volumes has a slightly different format. NHOH owns many bygdebøker that date back to the early 20th century and some which were published as recently as 2021. They list histories of farms and families that go back centuries.

The NHOH's large collection of bygdebøker was significantly expanded in 2023, thanks to donations from lag members. All the books are brought to our annual Stevne and can be used by any attendee during the conference. During the rest of the year, you can contact Larry West, the NHOH genealogist (west2419@gmail.com) who will be glad to look up information for you.

Below is an updated list of the bygdebøker currently owned by NHOH. “Partial” means that there are additional volumes which NHOH does not own. “Complete” means that to the best of our knowledge we own all the available volumes. The books are written in Norwegian, but using Google Translate can help get past that hurdle.

- Alvdal (6 books) -- complete
- Brøttum (4 books) -- mostly complete: missing a couple of minor books
- Elverum(9 books) -- complete
- Folldal (3 books) -- partial: missing volumes 3 & 4
- Furnes (1 book) -- partial: missing 1996 update
- Hamar (1 book) – complete
- Løten (3 books) -- partial: missing newest 2006 volumes
- Nes (7 books) -- complete
- Os (1 book) -- partial: missing volumes 1 & 2
- Øvre Rendal (2 books)-- complete
- Ringsaker (9 books) -- complete
- Sollia (3 books) – complete
- Stange (3 books) -- complete
- Stor-Elvdal (4 books) – complete
- Trysil (5 books) -- partial: we have 5 of 12 volumes
- Tyllidalen Brydalen (1 book) -- complete
- Vang (4 books) -- partial: missing vol. 5
- Veldre (1 book) – complete
- Vingelen (2 books) – complete
- Ytre-Rendal (1 book) -- partial: newer edition available
- WE HAVE NO BOOKS for: Åmot, Engerdal, Romedal, Tolga, Tynset and Kvikne. But some of these books are owned by other Lags and are brought to the annual Flerelag Stevne.

If you ever find any of the missing volumes for sale, please contact Larry West (west2419@gmail.com.)

FINDING NORWEGIAN COUSINS USING DNA

By Larry West

Ever since inexpensive DNA testing became available, millions of people around the world have been tested. Why has this become so popular? People have many reasons for testing. Some people who were adopted or have ancestors who were adopted use DNA testing in an effort to find their biological families. Others are curious about their ethnicity. Many people use DNA testing to break through those proverbial brick walls in their family tree. In this article I'm going to discuss using DNA tests to identify Norwegian relatives and, hopefully, to place them on your family tree.

Two of the biggest sites for DNA testing are [Ancestry.com](https://www.ancestry.com) and MyHeritage. My sister, my wife, her three siblings and I have all had our DNA tested at [Ancestry.com](https://www.ancestry.com). Because I'm focusing on Norwegian relatives, I will be referring to my wife (Sally) and her siblings because they have Norwegian ancestry.

After submitting your DNA sample you get two sets of results from [Ancestry.com](https://www.ancestry.com): an ethnicity estimate, and a list of DNA matches identifying other people (who have also submitted their DNA) with whom you share some DNA, meaning you are related to them. This list can be kind of overwhelming. In Sally's case, she has over 23,000 matches, mainly a lot of very distant cousins!

The list of matches is sorted based on how close the relationship is. In DNA parlance the amount of shared DNA is measured in centimorgans (cm). The higher the cm count is, the closer the relationship is. For example, Sally's siblings appear at the top of the list. Her sister's cm count of shared DNA is 2,569. Her second cousin (meaning they share two great-grandparents) has a cm count of 265.

It would be nice if the centimorgan count could always tell you the exact relationship, but that is not the case. The following chart (taken from DNAPainter) shows: 1) each type of relationship to you; 2) an average cm count for that relationship; and 3) the possible range of cm counts for that relationship.

Note: C = Cousin, R = Removed, so 3C1R = 3rd Cousin Once Removed

| | | | | |
|--|---|--|---------------------------------|--------------------------------|
| Parent 3485 2376 – 3720 | | Aunt / Uncle 1741 1201 – 2282 | 1C1R 433 102 – 980 | 2C1R 122 14 – 353 |
| Sibling 2613 1613 – 3488 | SELF | 1C 866 396 – 1397 | 2C 229 41 – 592 | 3C 73 0 – 234 |
| Niece / Nephew 1740 1201 – 2282 | Child 3487 2376 – 3720 | 1C1R 433 102 – 980 | 2C1R 122 14 – 353 | 3C1R 48 0 – 192 |
| Great-Niece / Nephew 850 330 – 1467 | Grandchild 1754 984 – 2462 | 1C2R 221 33 – 471 | 2C2R 71 0 – 244 | 3C2R 36 0 – 166 |

As an example, look at the 2nd cousin entry (2C in the 4th column, 2nd row) where the average cm count is 229 yet the possible range in values is from 41 to 592. So, Sally's second cousin's count of 265 cm is fairly close to the average of 229. But 265 is also close to the 1C2R average of 221 cm. When you are trying to place an unknown DNA match on your family tree you must remember that the same cm count could fit in more than one relationship category. This is especially true for smaller counts (more distant relationships).

A good place to help figure out the possible relationship(s) based on a DNA centimorgan count is the DNAPainter site (<https://dnainter.com/tools/sharedcmv4>). You can input a cm count and it will provide you with a percentage breakdown of possible relationships. For example, if you enter 100 cm the following information is returned:

| | |
|-------------|--|
| 38% | Half 2C 2C1R Half 1C2R 1C3R |
| 30% | 3C Half 2C1R 2C2R Half 1C3R |
| 20% | Half 3C 3C1R Half 2C2R 2C3R |
| 6% | Half GG-Niece / Nephew † Half GG-Aunt / Uncle † 2C Half 1C1R 1C2R |
| 6% | 4C Half 3C1R 3C2R |
| ~ 0% | ** 5C 4C1R |

This means that the person in question has a 38% chance of being your half second cousin, etc. The chart presents quite a range of possible relationships. Ancestry.com attempts to guess the relationship and will indicate a possible range (e.g. 2nd – 3rd Cousin).

Next we want to determine whether any of these DNA matches are in Norway. From the master list of matches you can select “By Location” and a world map will appear. You can click on the circles with numbers to expand and see the individual matches. Most of your matches will be located in the United States since the vast majority of people who submit DNA to Ancestry.com are Americans. In fact, out of the 23,000 DNA matches Ancestry.com lists for Sally, only seven are located in Scandinavia, and that's not very promising.



Fortunately, there is another DNA testing company which is used by many more Europeans and that is MyHeritage.com. You can download your raw DNA data from Ancestry.com and upload that to MyHeritage. (Contact me if you need help in doing this.) For a small fee which is less than purchasing a new DNA test from MyHeritage, they will match your results against their more international sample set. When I uploaded Sally's DNA data to MyHeritage, she had over 6,000 matches with people living in Norway! That's pretty good considering Sally's four Norwegian great-grandparents arrived in the U.S. in the 1850's and 1860's.

Let's look at a case study of this process. One of the 6,000 Norwegian matches for Sally is a woman whom I will call "Ingrid." Her DNA matches Sally's with 114 centimorgans. This is a fairly close match for someone in Norway. According to the DNAPainter tool, this match should be one of the following:

| | |
|-------------|--|
| 43% | <i>Half 2C 2C1R Half 1C2R 1C3R</i> |
| 28% | <i>3C Half 2C1R 2C2R Half 1C3R</i> |
| 15% | <i>Half 3C 3C1R Half 2C2R 2C3R</i> |
| 10% | <i>Half GG-Aunt / Uncle 2C Half 1C1R 1C2R</i> <i>Half GG-Niece / Nephew</i> |
| 4% | <i>4C Half 3C1R 3C2R</i> |
| ~ 0% | <i>** 5C 4C1R</i> |
| ~ 0% | <i>** 1C1R</i> |

I was lucky that Ingrid's son had submitted a detailed family tree to MyHeritage. I found two common ancestors! It turned out that Sally was related to both of Ingrid's parents. Her father was Sally's 5th Cousin and her mother was Sally's 4th Cousin. As a daughter of Sally's 4th cousin, Ingrid is Sally's 4th Cousin Once Removed (4C1R). In the chart above, 4C1R should have a zero percent chance of resulting in a 114 cm match. But because the connection was through multiple paths the amount of DNA that was passed down was greater. This is not unusual for Norwegian families who have lived in the same small, isolated communities for hundreds of years. It's not surprising that people may end up marrying distant cousins. In Ingrid's case her parents were 2nd Cousins.

Placing Ingrid or any other match on your family tree takes lots of research and a bit of luck. If you have a detailed family tree that is as broad as it is deep you can sometimes find the matching person's name already on your tree. Another possibility is to find a person on your family tree who matches someone on their public family tree. You can also find a possible connection by sending the matching person a message. Both Ancestry.com and MyHeritage provide a way to send messages. Sometimes (though not as often as we would like) the person who has a DNA match responds to your message so you can communicate directly to look for the connection.

DNA can be another tool to assist you in finding unknown or long lost relatives. I have a neighbor who discovered she had a half-brother. More commonly you can use the resources I have described to find distant cousins in far off lands. Good luck with your research!

Welcome New Members

NHOH Ancestors from:

| | |
|-----------------------------------|-----------|
| Margaret Bisberg – Park Ridge, IL | Ringsaker |
|-----------------------------------|-----------|

NHOH TREASURER'S REPORT

January 1 – December 31, 2023

| | | |
|---------------------------|-------------|--------------------|
| BALANCE 1/1/2023 | | \$8,232.51 |
| Income | | |
| Interest | \$20.96 | |
| Donations - Genealogy | \$590.00 | |
| Donations - Unrestricted | \$100.00 | |
| Membership Dues | \$1,328.70 | |
| Pins | 10.00 | |
| Silent Auction | 200.00 | |
| | | \$2,249.66 |
| | | \$10,482.17 |
| Disbursements | | |
| Newsletter | -\$1,234.44 | |
| Fees | -\$25.00 | |
| Bygdebøker-Genealogy | -\$1,009.80 | |
| Zoom | -\$157.40 | |
| | | -\$2,446.64 |
| BALANCE 12/31/2023 | | \$8,005.53 |

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.

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 _____