



# Kringen Posten

Featuring Fargo-Moorhead's Most Unique Club



VOLUME 27, NO. 5

MAY, 2024

PUBLISHED MONTHLY

722 - 2nd Avenue North • Fargo, North Dakota 58102 • Telephone (701) 232-9222

Lodge & Library Telephone: 701-478-5727 • www.sofnfgo.org • E-mail: kringenmgr@gmail.com



## Lodge President

Marilyn Martinson

*Kringen Lodge looks forward to two unique events in May.*

### Syttende Mai, Friday, May 17th.

- 4:30 pm Accordion Band in Troll Lounge
- 5:00-6:30 pm Torsk and Meatball Dinner \$20.00
- 6:15 pm Program with music by the Valley Ukles and Kringen Kor
- 10, 25 and 50 year member award
- Greeting from Jim Maring, Norwegian Consulate in ND who will introduce our honored speaker – Captain Egil Vasstrand, Naval and Assistant Defense Attache at the Norwegian Embassy in Washington, DC. He is a native of Bergen, Norway. Personal awards include the Defense Medal with two stars for 35 years of service, the Service Medal with three stars for more than 15 years of service in the Navy and Norwegian Armed Forces, and the International Operations Medal for Combined Maritime Forces Deployment.
- 7:00 pm Dance to Myron Sommerfeld in ballroom \$10.00

### Danish Night Tuesday, May 21st

This will be the first-time featuring Denmark, one of the five Nordic countries.

- 4:00 pm Carlsberg Danish Beer in Troll Lounge
- 5:00-6:30 pm Traditional Danish Meal
- 6:45 pm Program by the Red River Danes

*These events will be special highlights for the month of May, so mark your calendar and plan to attend.*

**SUNDAY BRUNCH  
and LUTEFISK  
are done for the season.  
See you in the fall.**

## TUESDAY NIGHT SOCIALS

*Meals served from 5-6:30 pm*

**May 7**–Roast Beef Dinner

**May 14**–Meatloaf Dinner

**May 21**–Nordic Culture Night! Traditional Danish Pork Dinner. *All are welcome!*

**May 28**–Lingonberry Meatball Dinner



## Klub President

Bill Martinson

Revenue comes to a firm in two ways: it either comes to us from repeat customers, or if that isn't enough, we must go get it, which is harder. In the case of Kringen we have a loyal customer base of regular customers that provides a good revenue base. But with post Covid inflation this is not enough. We are having to create some new sources, including the idea, finding resources, and creating awareness. That is the reason for the lutefisk raffle. But sometimes something will come to us unexpectedly, a wonderful thing. That happened to me about a month ago. I got a call from two people in Hamar Norway, Fargo's sister city. The two people are Jon Learn and Oddvar Hemsøe. Jon does documentaries on Keeping Traditions Alive. Oddvar is Director of the Norway Lutefisk Festival held annually in Hamar, a multi-day festival. The purpose of their call was that they want to bring the Lutefisk Festival to Fargo and film a documentary on it using PBS. Jon has connections there. The documentary would start with the fish company in Norway on the boat catching the fish. It would continue through the fish processing all the way to our table at Kringen. Oddvar would bring the Norwegian fish, a chef or two, some students, and some entertainment. They will prepare the lutefisk the Norwegian way, which is different. This will be more than a meal – a cultural experience. It is still in the early planning stages, but we are looking at November 15 or 16.

### In the meantime, you can all help:

- Continue to patronize Kringen, maybe increasing your frequency. The best food for the best value in town.
- Purchase a lutefisk raffle ticket if you have not. The drawing will be on May 17th.
- Tell others about Kringen. Word of mouth is the best advertiser.
- If you have an event coming, consider our ballroom. Great space at a reasonable rental price.

## SYTTENDE MAI

**Friday, May 17 | 5:00-6:30 pm**

**Torsk & Meatballs \$20**

**Program from 6:15-7 pm in the ballroom**

***Dance to Myron Sommerfeld***

**7 pm to 9 pm in the ballroom \$10 admission**

## KRINGEN LODGE #25

Lodge & Library Telephone .....(701) 478-5727

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\*\*\*\*\*

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# GENEALOGY RESEARCH

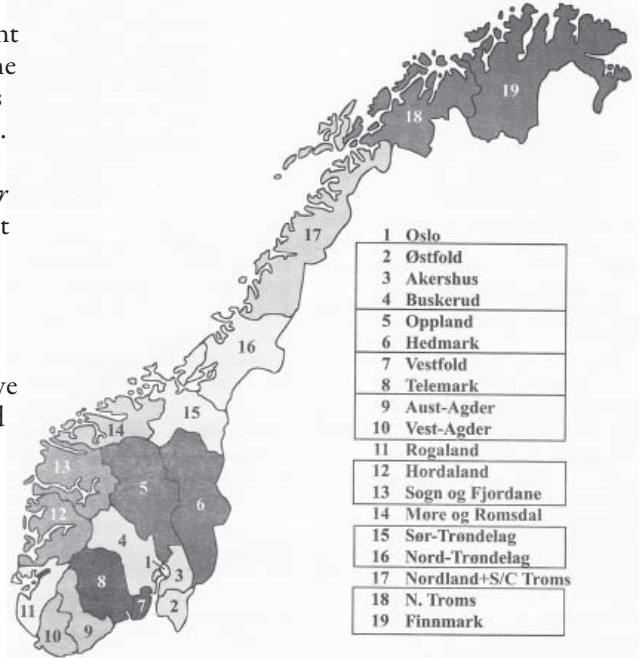
## Norwegian *Fylker* (Counties) are Merging and Will Assume New Names

by Verlyn Anderson - Reprinted from January 2020.

Next month, Ray Olson will take you on a tour of the re-revised regions in Norway.

The Norwegian government is making major changes in the Norwegian *fylker* boundaries and renaming some of them. The map below shows the map of Norway with its *fylker* the way they are at the present time. As you will note, some of them will merge and will assume new names in 2020.

Many of the *fylker* will have new names for the combined *fylker*, as well as indicating when their mergers will take place. I've arranged the order of the new *fylker* listed below to correspond to the numbers on the map.



The new names of the *fylker* will be:

Viken or Vika  
 Innlandet  
 Skagerrak  
 Agder  
 Vestlandet  
 Trøndelag  
 Hålogaland  
 Finnmark

Buskerud, Akershus and Østfold  
 Oppland and Hedmark  
 Vestfold and Telemark  
 Aust-Agder and Vest-Agder  
 Hordaland and Sogn og Fjordane  
 Sør-Trøndelag and Nord-Trøndelag  
 Nordland and S/Central Troms  
 N. Troms and Finnmark

(The regions of Oslo, Rogaland, and Møre og Romsdal each stand alone and will continue as before.)

## Daughters of Norway

The May 11th Daughters of Norway program features Irene Starck presenting on "*The History of Syttende Mai*". Meeting time is 10:00 am in the Sons of Norway ballroom. Refreshments served. *Visitors are welcome.*

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**MISSION STATEMENT:** *The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.*

# Cultural Corner

## Hardangerbunad By Stevie Mathre, Cultural Director

My ancestors are from the Hardangerfjord region, which is great because I love the iconic bunad with hardanger embroidery, black skirt, red vest, and blingy jewelry. I learned to do hardanger at Skogfjorden as a child, and got back into it when I joined Sons of Norway several years ago.

Now, bunads are expensive! And apart from Syttende Mai celebrations, there are few opportunities to wear one. So I don't have my own... yet. I do plan on making one eventually.

So why not make one now? This is Quinn, my collie. Her black coat with white collar is somewhat reminiscent of the black skirt and white blouse. I decided to make her a bunad! Here's how I did it.

The black skirt – I omitted it. Her black fur will suffice as the skirt, so all I need is the hardanger apron. I started stitching without a pattern, and to be honest, the hardanger is much larger than I expected, and larger than would be on an authentic bunad. But I was under a deadline and also wanted it to be the centerpiece of her outfit.

The body portion of red fabric is from a sewing pattern for a dog coat. It has a Velcro piece (and added safety pins to keep it on) under her belly. The black and gold ribbon are simply stitched on to indicate the shape of a vest. For the embroidered inset of the bodice, I used cross stitch with an 8-petaled rose design. That part took more time than the hardanger for the apron because it's solid stitching.

There's usually a beautiful sølje worn with a Hardanger bunad, and to be honest, I didn't want to let her wear the one my grandmother gave me. Off to Michaels for some jewelry making supplies. It's not silver, nor spoon-shaped, but it's round and dangly. Since I made this, I have picked up a couple more sølja, and will most likely use one of those the next time Quinn wears her bunad.

The one thing that's not exactly part of the official dress is her collar. I added that at the last minute because her white fur wasn't showing enough. The collar is one my Gramma made many years ago – when separate embroidered collars were supposedly fashionable. I just handstitched it on to represent the traditional white blouse.

Finished! I was done just in time to wear to the Renaissance Festival in Chanhassen, and she wears it every Syttende Mai, even though there's no Children's Parade in my town.

Anyone who's interested in making a bunad for their pet, or learning to do hardanger embroidery, please let me know. We have been talking about starting another hardanger group and would like to gauge interest.

*Gleder syttende mai!!*



Bodice inset of cross stitch and ribbon border, stitched on top of the red base fabric.

**Note:** Handmade "sølje" (which is stitched on off center, oops!)

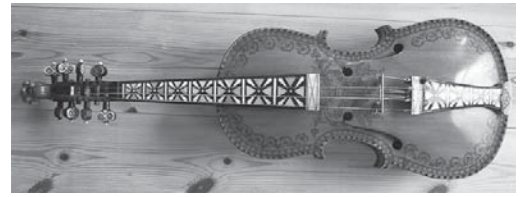


Hardanger apron for bunad, which needs washing and ironing before Syttende Mai.



Quinn modeling her bunad

## HCSCC Receives Sons of Norway Foundation Grant to Continue Hardanger Fiddle Traditions



The Historical and Cultural Society of Clay County is happy to announce it received a \$5000 Sons of Norway Foundation grant to carry out another apprenticeship for two people to build Hardanger fiddles under the tutelage of Brainerd luthier Robert "Bud" Larsen. Markus Krueger, the Programming Director at HCSCC was selected as one apprentice. Already a deeply committed woodworker, Krueger will work on making his own fiddle over the next two years along with other people in the community who are at various stages in their fiddle-making process. It takes around 400 hours over two years to complete a fiddle.

Larsen, who apprenticed with Gunnar Helland, the last in a Norwegian family of luthiers, travels to our community several times a year to work with apprentices and also is available via Zoom to instruct. Krueger is also working to document Larsen's teaching through video-recording the lessons with a long-term goal of sharing his skill and knowledge more widely online. Apprentices from North Dakota have been working with Bud over the last decade through the North Dakota Council on the Arts Folk Apprenticeship Program. Two Minnesota apprentices were supported last year by the Lake Region Arts Council, and two more Minnesotans will apprentice this year.

Larsen and Fargo Spelemannslag were recently featured in an article on the Arts Midwest website: <https://artsmidwest.org/stories/across-the-upper-midwest-communities-converge-around-norways-hardanger-fiddle/>

The recent grant will also help support a public performance of Larsen and Fargo Spelemannslag at the Hjemkomst Center next January as part of the commemoration of 200 years of Norwegian immigration to the US. More on that as plans develop.

If you have an interest in apprenticing to build a Hardanger fiddle, contact Bud Larsen at [robertbudlarsen3829@gmail.com](mailto:robertbudlarsen3829@gmail.com)

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# Rosemaling

On Fabric  
Workshop

Fargo Sons of Norway Kringen Lodge

Saturday, June 1, 2024

\$25.00 per person

Class will begin at 10:00 am and continue until 3:00 pm. There will be an hour break for lunch. The Kringen Kafe is not open on Saturday, but you may go out for lunch or bring your own. Coffee will be provided.

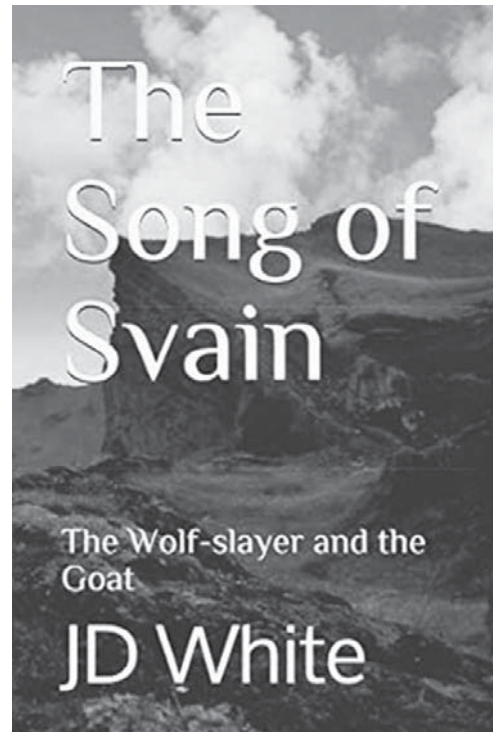
All supplies will be provided, including either an apron or a tote bag to paint. The painting will be done with acrylic paints. Extra aprons and tote bags will also be available for purchase at the end of class.



**Class size is limited so please call ahead and reserve your spot!**

**Call the Lodge at  
701-232-9222**

**Or Call Ruth Rutten at  
701.693.5660**



## The Sons of Norway's Lesering Book Club

Our May selection is, *The Song of Svain*, by Moorhead author, JD White. The author will join us for discussion, questions and answers. We will meet on Wednesday, May 8th, at 12:15 in the Viking Room at Sons of Norway. All are invited for lunch and discussion.



# Memorial Day!

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## Sewing Start-up Makes Folk Costumes Accessible & Green

*(from the Sons of Norway News Service)*

Norwegian bunads are famously a major investment that can run from \$3,000-\$5,000, depending on the region and what extent of silver jewelry is involved.

Thanks to a sewing start-up called Fæbrik, showing your fashion sense and cultural pride just got a lot more accessible. According to flokk.com, the group was born out of necessity- four friends, Jenny Skavlan, Ingrid Bergtun, Mari Norden, and Ingrid Vik Lysne needed a studio space, and once they were in the same room, the ideas started to flow.

The foursome got to work making accessible patterns to help people sew their own festdrakt (or unofficial folk costume) out of recycled fabrics. The beauty of the fæstdrakt is that it is based on re-use, and there are no rules, unlike the stricter requirements of an official bunad. Do you prefer to wear fuchsia? Tassels and pompoms? Your fæstdrakt can be made in any hue, pattern or texture to suit your personal style and shape.

Fæbrik (a wordplay on the English "fabric" and the Norwegian word for "factory") also makes downloadable patterns, step-by-step videos and offer user-friendly tailoring tips so that each person can create their ideal fit.

Just like that, a pair of lace curtains gain new life as an apron, and a hand-stitched pillowcase is reimagined as a vest. The group has hosted fæstdrakt parades in Oslo's Frogner Park- see the photos in Aftenposten in the pattern for the myriad ways to express one's creativity in this modern take on a folk costume. Find examples of patterns here: <https://faebrik.no/products/faestdrakt>

# SCANDINAVIAN FESTIVAL

June 21-22, 2024  
Hjemkomst Center  
Moorhead, MN

This year's featured country: **SWEDEN**





NORDIC CULTURE CLUBS



## Syttende Mai!

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# God bedring

(Get Well)

Jan Kaspari Elaine Nelson

# 7il minne

*Our heartfelt sympathy to:*

The family of Larry Skalet  
David Skjerven on the loss of his wife, Caryn  
Kyle & Russ Handegard on the loss of her sister,  
Caryn Skjerven

The family of Judy Nicholzen

*"In Memoriam" cards are available for donations to SON in memory of friends and loved ones.*

**Note:** If you know of a member who is ill, had surgery, is hospitalized, or has had a death in their family, call Julie Fladgard at 218-236-0092 or call and leave a message at the Kringen office: 701-232-9222.

## Kringen Kor Welcomes New Members

**Practice times for singing**

**on Syttende Mai**

**Thursday, 7 pm**

**May 2nd, 9th, 16th**

### New Members

#### **APRIL**

Carrie Nicholzen  
Ronald Goos  
Jonathan Jackson  
Kyla Jackson  
Nora Jackson  
Jessica Jackson  
Seth Jackson  
Logan Heilman  
Ella Heilman  
Alex Swanson

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## At One Oake Place

### KRINGEN ACCORDION BAND SCHEDULE

#### *Kringen Accordion Band Events 2024*

#### May:

**1st** - SoN - 11:00-12:30

**8th** - SoN - 11:00-12:30

**15th** - SoN - 11:00-12:30

**17th** - Syttende Mai Celebration at SoN - 4:30-5:30  
Troll Lounge

#### June:

**21st** - Scandinavian Festival at Hjemkomst Center

**22nd** - Scandinavian Festival at Hjemkomst Center

#### July:

**12th** - Polk County Fair at Fertile, MN free stage at 4:00-5:30

**13th and 14th** - Sodbuster Days at Fort Ramson for those interested.

#### August:

**10th** - Polka Spotlight Brooklyn Park, MN

(1:00-5:00 recording time confirmed)

**25th** - Bonanzaville Dawson Hall 12:30-1:30

#### September:

**7th** - Hallinglog Stevne at Alexandria, MN

Banquet 6:00 | Perform 7:00

**21st** - Birthday Party and Family Reunion at SON

**24th -28th** - Høstfest in Minot

*Wednesday of each month will be practice at SoN as scheduled  
Nursing homes as scheduled*

A few years ago, I came across my great-grandfather's Sons of Norway Constitution book from 110 years ago, which included premiums for three levels of life insurance. The three levels were \$50, \$100 and \$500, and they were single premiums. The death benefits were not listed, but one can only imagine how small they might have been compared to what they are today. But what we do know is \$1 in 1914 is worth more than \$30 today. So \$500 then would be equivalent to more than \$15,000 today. That would be just about enough to pay for an average funeral today.



*If you are interested in more information on today's insurance products, please contact insurance professionals Linda Briard at 701-866-6586 or Dan Haglund at 701-866-4572.*

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This space  
donated by

**Carrol T. Juven**

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**Dance to Red River Valley  
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ballroom. Free will donation**

## Morning Treats & Coffee Tuesday-Friday 9-11 am

Caramel Roll & Coffee - \$7 | Muffin & Coffee - \$6  
Bagel, English muffin or toast & coffee - \$5  
(All prices include tax)

10 Kringen Kafe caramel rolls can be purchased for  
take out for \$40 with 48 hours notice.

**Groups of 8 or more, please call ahead**

Check out our website: [www.sofnfgo.org](http://www.sofnfgo.org)

## TROLL LOUNGE IS OPEN



Tuesday through Friday at 4:30 pm.  
Happy hour is from 4:30 to 6:00 pm  
Kitchen is open Wednesday through  
Friday ~ 4:30 to 8:00 pm

**Troll Lounge will be available for  
private events on Saturdays.**

Please email [kringenmgr@gmail.com](mailto:kringenmgr@gmail.com) for information.

***SAVE THE DATES!***

## KRINGEN BUS TOURS

**Wednesday, July 10, 2024**

Jasper Theatre, Park Rapids, MN

**Wednesday, July 24, 2024**

Frostfire, Grafton School Theatre

**Wednesday, Aug. 7, 2024**

Chanhassen Dinner Theatre

**More Information to come SOON.**

## TROLLFJORDEN LANGUAGE CAMP CULTURAL SKILLS CAMP ON LAKE METIGOSHE

**June 6th to 9th, 2024**

This is a multigenerational family-oriented camp that offers a variety of cultural skills, including Norwegian language lessons, folk dancing, singing, games, cooking, woodcarving, and needlework.

Fees are \$200 for Youth ages 8-17 and Adults \$250. Kringen and District IV have scholarships for youth attendance.

Adult campers must be a current member of a District IV Lodge. Youth must be children or grandchildren of a current lodge member.

**Registration forms are in the Kringen Office.**

**Registration deadline is May 15th.**

*Questions? Contact Marilyn Martinson 701-367-5000*

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Norwegian Fun Fact:  
**Sognefjorden** is the largest fjord  
in Norway and second largest in  
the world. It is the longest ice-free  
fjord in the world and stretches  
205 km inland from the ocean.



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13360



# Sons of Norway Kringen Lodge #25

722 Second Avenue North  
Fargo, ND 58102

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# Kalender

Remember, We are back on Tuesdays for Social Night suppers! All Meals (unless otherwise noted) at \$16 (non-member) or \$15 for members. They are served 5-6:30. There will also be a friendly librarian available! Just past the Viking Room until you walk into a haven of books. The Library is also open over lunch service, Tuesday-Friday from 11-2 pm.

MAY 2024						
S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Tuesday, May 7th - Roast Beef Dinner & Social 5-6:30 pm  
Wednesday, May 8th - Lesering (book club) at 12:15 in the Viking Room. All are invited for lunch and discussion. See inside for more details!

Tuesday, May 14th - Meatloaf Dinner & Social 5-6:30pm plus Tim Moser performing in the ballroom from 6-8 pm.

Friday, May 17th - Syttende Mai!

- 4:30 pm Accordion Band in Troll Lounge
- 5:00-6:30 pm Torsk & Meatball dinner \$20.00
- 6:15 pm Program with music by the Valley Ukles and Kringen Kor
- 10, 25 and 50 year member award

Tuesday, May 21st - Nordic Culture Night! Traditional Danish Potk Dinner: 5-6:30 pm  
All are welcome! See front Page for Details.

Tuesday, May 28th - Lingonberry Meatb all Dinner and Social 5-6:30pm  
Dance to Red River Valley Veterans dance band from 7 to 9 pm in the ballroom.  
Free will donation

## TROLL LOUNGE MUSIC SCHEDULE

Domestic Pounders \$4 during Happy Hour 4:30-6 pm. | All music starts at 7 pm  
The Troll Lounge will be closed on Saturday night for the month of February.

We will no longer be having trivia on Wednesday nights. We will fill Wednesday nights with music. Check the Posten for updates.

May 1 - Project Constellation	May 14 - Tim Mosser in Ballroom 6-8	May 23 - Tucker'd Out
May 2 - Open Mic	May 15 - Pixie and Pan	May 24 - Duly Nored
May 3 - Duly Nored	May 16 - Pepper Karaoke	May 28 - Lulla
May 7 - Bluegrass Jam	May 17 - Accordions in Lounge 4:30-5:30	May 29 - Tucker'd Parts
May 8 - Lulla	May 17 - Myron Sommerfeld in Ballroom 7-9	May 30 - Strung Along
May 9 - Moving Parts	May 21 - Bluegrass Jam	May 31 - Pepper Ashmore
May 10 - Travis Naegle	May 22 - Pepper Ashmore	

### WEEKLY EVENTS ~ ALL ARE WELCOME!

Every Tuesday	Ukulele Group - Lunch at noon   Practice	12:30-2:00
Fourth Tuesday	Folk Dancing (Folkedansklubb)	7:00
Every Wednesday	Rosemaling Group - Open Paint	1:00-4:00
Every Wed. & Fri.	Chair Yoga, weights, and tai chi	9:00
1st & 3rd Friday	Hook and Needle Stitch Group - Lunch & Knitting	1-3:00