

# Norden Folk

"The Midwest Institute of  
Scandinavian Culture"



January 2021 Celebrating 60+ years of Scandinavian Culture Our website: [www.visitnordenfolk.org](http://www.visitnordenfolk.org)

## The 48th Annual Wahlstrom Workshop

### The 48<sup>th</sup> Annual Wahlstrom Workshop:

The 48<sup>th</sup> Annual Wahlstrom Workshop scheduled for February 2021, has been cancelled due to the Covid19 pandemic gathering restrictions.

The workshop is rescheduled for February 18-20, 2022. The Midwest Institute of Scandinavian Culture has been awarded a Public Programs & Community Projects grant from The American Scandinavian Foundation to support the Tour of Traditions at the Wahlstrom Nordic Workshop. The Tour of Traditions will add a new dimension to the workshop by giving a small group of students the opportunity to learn basic skills in Nordic folk arts of rosemaling, woodcarving, and band weaving.



By Norwegian artist Harald Sohlberg

Street in Røros in Winter

Oil 1903

**Syttende Mai:** The celebration of the signing of the Norwegian Constitution in Eidsvoll, May 17, 1814. ... Among Norwegians, the day is referred to simply as *syttende mai* ("Seventeenth May"). In 1905, Norway separated from Sweden peacefully and became a truly independent country. A noteworthy aspect of Norwegian Constitution Day is its very non-military nature. All over Norway, children parade with an abundance of flags. The longest parade is in Oslo, where some 100,000 people travel to participate in the festivities.

Meanwhile in Wisconsin, there are plans under way for the 2021 annual Syttende Mai celebration to be held in Eau Claire on Monday, May 17, 2021 at Holiday Inn South/ Johnny's Italian Steakhouse. The featured speaker will be Professor Emeritus Ivar Lunde and his topic Bits and Pieces—Two Centuries of Musical History. Lunde introduces some of Norway's major musicians and shows us many of Norway's musical forms and styles and how the culture has changed over the years. *This event is subject to Covid-19 recommended protocols.*



## Recent Events:

The Midwest Institute of Scandinavian Culture/Norden Folk annual meeting was held virtually on June 18, 2020. The meeting minutes from the annual meeting of June 20, 2019 were approved along with the financial reports. We mailed out ballots for the election of officers and Janice Wnukowski was elected the new Vice President, Linda Curtis (incumbent), Secretary and Marv Anderson (incumbent), Board Member.

Another topic discussed and sent out for a vote, was to gather information on land conservancy. The votes cast were in favor of gathering information and if the information was within MWISC's mission, then to authorize the board to collaborate with an approved and recognized conservancy land trust.

We have received information from Landmark Conservancy that we have deemed to be



in line with our mission. At this time, we are in the process of sending a letter of intent to Landmark Conservancy to formally enter into dialogue about placing the ecologically and culturally distinct land into a permanent, protected, and publicly accessible nature conservancy.

## Culture Fest

The International Folk Fair is now called Culture Fest. This event is scheduled for April 18, 2021, in Davies Center on the University of Eau Claire campus. At this time we do not know if it will be held virtually or in person.

## Ways that Scandinavians enjoy winter

From an article by Kari Leibowitz for New York Times

*Are you depressed that this cold winter will mean you will be isolated indoors? The prospect of winter in a pandemic seems dark but Scandinavians find ways to enjoy it and be among the happiest people on earth.*

*Det finns inget sådant som dåligt väder, bara dåliga kläder*

*"Remember there is no bad weather only bad clothes." Swedish proverb*

1. Scandinavian people see winter as a special time of the year—they even look forward to it. It is not a season to dread. Yes! Embrace It!
2. They get outside—skiing, skating, sledding, ice fishing, winter hiking —with lots of layers and they usually include bonfires and grill outdoors too. "Going outside is really a form of self care." (Call it getting your *outdoorphins*). "In Norway it is called friluftsliv."
3. Eat warming foods and use warming spices. Use cardamom in your breads and your coffee and tea. Add saffron to your stews.
4. Hygge or Mysigt—These are the Danish and Swedish terms for getting cozy by the fire. Light lots and lots of candles. And it is finally the time to read those books that you never have time to read in normal times.

**"Denial, anger, bargaining, depression, COFFEE and acceptance...  
The SIX stages of waking up!!"**

The Midwest Institute of Scandinavian Culture Board Members are:

Tim Sivertson - President

Janice Wnukowski – Vice President

Linda Curtis – Secretary

Diane Lund – Treasurer

Board Members – Marv Anderson, Bethany Jacobson-Fliieger, Terry Kelzer, and Paul Kaldjian